

Lennox School District
Wellness Policy



**Lennox School District
Board of Education**

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Students BP 5030

The federal government authorized, under the Healthy Hunger-Free Kids Act (HHFKA) of 2010, the United States Department of Agriculture (USDA) to establish nutritional standards for food available in schools and included a section that specifically addresses local school wellness policies. The objectives of the HHFKA include enhancing existing local school wellness policy requirements, strengthening implementation and assessment of the policies, and expanding public input in both local school wellness policy development and reporting.

Student wellness

The Board of Education recognizes the link between student health and learning and desires to provide a comprehensive program that promotes healthy eating and physical activity for Lennox students. It is recognized that schools have a responsibility to support the implementation of effective school nutrition and fitness programs. When students learn, establish and maintain healthy eating habits and activity patterns, it has been shown to support their behavior and academic achievement in school, as well as lifelong wellness.

(cf. 1020 – Youth Services)

(cf. 3513.3 - Tobacco-Free Schools)

(cf. 3514 - Environmental Safety)

(cf. 5131.6 - Alcohol and Other Drugs)

(cf. 5131.61 – Drug Testing)

(cf. 5131.62 - Tobacco)

(cf. 5131.63 - Steroids)

(cf. 5141 - Health Care and Emergencies)

(cf. 5141.22 - Infectious Disease)

(cf. 5141.3 - Health Examinations)

(cf. 5141.31 - Immunizations)

(cf. 5141.32 - Health Screening for School Entry)

(cf. 5141.6 - School Health Services)

(cf. 6142.1 Sexual Health and HIV/AIDS Preventions Educations)

(cf. 6164.2 – Guidance/Counseling Services)

School Wellness Committee

The Superintendent or designee will encourage parents/guardians, students, food service employees, physical education teachers, school health professionals, Board members, school administrators, and members of the public to participate in the development, implementation, and periodic review and update of the district's student wellness policy. (42 USC 1758b; 7 CFR 210.30)

The Superintendent or designee will appoint a school wellness committee consisting of diverse representation based on the Whole School, Whole Community, Whole Child approach (WSCC) and others interested in health related issues.

The school wellness committee assists with policy development and advises the district on health-related issues, activities, policies and programs. At the discretion of the Superintendent or designee, the committee's duties will include planning and implementing activities to promote health within the school or community.

(cf. 1220 - Citizen Advisory Committees)

(cf. 9140 - Board Representatives)

The superintendent or designee will make available to the public and school community a list of the names, positions titles, and contact information of the wellness committee members. The District Wellness Committee will meet at least twice each year and evaluate the wellness policy to fit the goals and needs of the District, using an assessment tool such as Centers for Disease Control and Prevention (CDC) School Health Index.

Goals for Nutrition, Physical Activity and Other Wellness Activities

The Board shall adopt specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. In developing such goals, the Board shall review and consider evidence-based strategies and techniques, (42 USC 1758b; 7 CFR 210.30)

(cf. 0000 – Vision)

(cf. 0200 – Goals for the School District)

The district's nutrition education and physical education programs will be based on current research, consistent with the expectations established in the state- approved curriculum framework and the content standards, and shall be designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

(cf. 6011 - Academic Standards)

(cf. 6142.7 - Physical Education and Activity)

(cf. 6142.8 – Comprehensive Health Education)

(cf. 6143 – Courses of Study)

The nutrition education program will include, but is not limited to, information about the benefits of healthy eating for learning, disease prevention, weight management, and oral health. As appropriate, nutrition education will be integrated into core academic subjects and offered through after-school programs and extracurricular activities. (Refer to child nutrition services website for more details)

(cf. 5148.2 - Before/After School Program)

(cf. 6177 – Summer Learning programs)

All students will be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity will be provided through physical education and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.

(cf. 5142.2 - Safe Routes to School program)

(cf. 6145 - Extracurricular and Cocurricular Activities)

(cf. 6145.2 - Athletic Competition)

The Board may enter into a joint use agreement or memorandum of understanding to make district facilities or grounds available for recreational or sports activities outside the school day and/or to use community facilities to expand students' access to opportunity for physical activity.

(cf. 1330.1 – Joint Use Agreements)

Professional development will be regularly offered to the nutrition program director, managers, and staff, as well as health education teachers, physical education teachers, coaches, activity supervisors, and other staff as appropriate to enhance their knowledge and skills related to student health and wellness.

(cf. 4131 - Staff Development)

(cf. 4231 - Staff Development)

(cf. 4331 - Staff Development)

In order to ensure that students have access to comprehensive health services, the district may provide access to health services at or near district schools and/or may provide referral to community resources.

The Board recognizes that a safe, positive school environment is also conducive to students' physical and mental health and thus prohibits bully and harassment of all students, including bullying on the basis of weight or health condition.

(cf. 5145.3 – Nondiscrimination/Harassment)

The Superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness. He/she shall promote work-site programs and may provide opportunities for regular physical activity among employees.

Nutrition Guidelines for All Foods Available at School

For all foods and beverages offered to students, the district will adopt nutrition guidelines which are consistent with 42 USC 1758, 1766, 1773, and 1779 and federal regulations and which support the objectives of promoting student health and reducing childhood obesity. (42 USC 1758b)

In order to maximize the district's ability to provide nutritious meals and snacks, all district schools will participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs and after-school supper programs, to the extent possible. The district shall promote Federally Funded Nutrition Assistance Programs (e.g., National School Lunch Program (NSLP), School Breakfast Program (SBP), Seamless Summer Option (SSO), Child Adult Care Food Program (CACFP), CalFresh, and Women Infant and Children (WIC). When approved by the California Department of Education, the district may sponsor a summer meal program.

(cf. 3550 - Food Service/ Child Nutrition Program)

(cf. 3552 – Summer Meal Program)

(cf. 3553- Free and Reduced Price Meals)

(cf. 5141.27 - Food Allergies/ Special Dietary Needs)

(cf. 5148 - Child Care and Development)

(cf. 5148.3 - Preschool/Early Childhood Education)

The superintendent or designee will provide access to free, potable water in the food service area during meal times in accordance with Education Code 38086 and 42 USC 1758, and shall encourage students' consumption of water by educating them about the health benefits of water and by serving water in an appealing manner.

The Board requires that all foods and beverages sold to students at district schools, including those available outside the district's reimbursable meal program, shall support health curriculum and promote optimal health. Nutrition standards adopted by the district for foods and beverages provided through student stores, or other venues will meet or exceed state and federal nutrition standards.

(cf. 3312 - Contracts)

(cf. 3554 – Other Food Sales)

The Superintendent or designee will encourage school organizations to use healthy food items or non-food items for fundraising purposes. School staff are encouraged to use none food reward for students' academic performance, accomplishment, or classroom behavior.

School administrators will encourage parents/guardians or other volunteers to support the district's nutrition education programs by considering nutritional quality when selecting any snacks for occasional class parties. Class parties or celebrations will be held after the lunch period when possible.

To reinforce the district's nutrition education program, the Board prohibits the marketing and advertising of foods and beverages that do not meet nutrition standards for the sale of foods and beverages on campus during the school day. (7 CFR 210.30)

(cf. 1325 – Advertising and promotion)

Program Implementation and Evaluation

The Superintendent designates the individual identified below as the individual responsible for ensuring that each school site complies with the district's wellness policy. (42 USC 1758b; 7 CFR 210.30)

Polly Houston, Food Service Director

(310) 695 4000 (Ext. 4047)

polly_houston@lennoxk12.org

(cf. 0500 - Accountability)

(cf. 3555 – Nutrition program Compliance)

The Superintendent or designee will ensure the implementation and effectiveness of this policy on annual bases. (42 USC 1758b; 7 CFR 210.30)

The assessment shall include the extent to which district schools are in compliance with this policy, the extent to which this policy compares to model wellness policies available from the U.S. Department of Agriculture, and a description of the progress made in attaining the goals of the wellness policy. (42 USC 1758b)

The Superintendent or designee shall invite feedback on district and school wellness activities from food service personnel, school administrators, the wellness committee, parents/guardians, students, teachers, before- and after- school programs staff, and/ or other appropriate persons.

The Board and the Superintendent or designee shall establish indicators that will be used to measure the implementation and effectiveness of the districts activities related to students 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
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
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
4. Extent to which food and beverages sold on campus outside the food service program, such as through vending machines, student stores, or fundraisers, comply with nutrition standards
5. 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
6. Results of the State's physical fitness test at applicable grade levels
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.
8. A description of districts efforts to provide additional opportunities for physical activity outside of the physical education program.
9. A description of other districtwide or school-based wellness activities offered, including the number of sites and /or students participating, as appropriate

As feasible, the assessment reports may include a comparison of results across multiple years, a comparison of district data with county, statewide, or national data, and/or student discipline rates.

In addition, the Superintendent or designee shall prepare and maintain the proper documentation and records needed for the administrative review of the district's wellness policy conducted by the California Department of Education (CDE) every three years.

The assessment results of both the district and state evaluations shall be submitted to the Board for the purposes of evaluating policy and practice, recognizing accomplishments, and making policy adjustments as needed to focus district resources and efforts on actions that are most likely to make a positive impact on student health and achievements.

Notifications

The Superintendent or designee shall inform the public about the content and implementation of the districts' wellness policy and shall make the policy, and any updates to the policy, available towards meeting the goals of the wellness policy, including the availability of the triennial district assessment. (Education Code 49432; 42 USC 1758b; 7 CFR 210.30)

(cf. 5145.6 – Parental Notifications)

The Superintendent or designee shall distribute this information through the most effective methods of communications, including district or school newsletters, handouts, parent/guardian meetings, district and school web sites, and other communications. Outreach to parent/guardians shall emphasize the relationship between students health and wellness and academic performance.

(cf. 1100 - Communication with the Public)

(cf. 1112 - Media Relations)

(cf. 1113 - District and School Web sites)

(cf. 1114 - District- Sponsored Social Media)

(cf. 6020 – Parent Involvement)

Each school may post a summary of nutrition and physical activity laws and regulations prepared by the CDE.

Records

The Superintendent or designee shall retain records that document compliance with 7 CFR 210.30, including but not limited to, the written students wellness policy, documentation of the triennial assessment of the wellness policy for each school site, and documentation demonstrating compliance with the community involvement requirements, including requirements to make the policy and assessment results available to the public. (7 CFR 210.30)

USDA NONDISCRIMINATION STATEMENT

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[http://: www.ascr.usda.gov](http://www.ascr.usda.gov), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW

Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov.

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Legal Reference:

EDUCATION CODE

33350-33354 CDE responsibilities re: physical education

38086 Free fresh drinking water

49430- 49434 Pupil Nutrition, Health, and Achievement Act of 2001

49490-49494 School breakfast and lunch programs

49500-49505 School meals

49510-49520 Nutrition

49530-49536 Child Nutrition Act

49540-49546 Child care food program

49547-49548.3 Comprehensive nutrition services

49550-49562 Meals for needy students

49565-49565.8 California Fresh Start Pilot program

49570 National School Lunch Act

51210 Course of study, grades 1-6

51210.1-51210.2 Physical education, grades 1-6

51210.4 Nutrition education

51220 Course of study, grades 7-12

51222 Physical education

51223 Physical education, elementary schools

51795-51798 School instructional gardens

51880-51921 Comprehensive health education

CODE OF REGULATIONS, TITLE 5

1550-15501 Food sales by student organizations

15510 Mandatory meals for needy students

15530-15535 Nutrition education

15550-15565 School lunch and breakfast programs

UNITED STATES CODE, TITLE 42

1751-1769j National School Lunch Program, especially:

1758b Local wellness policy

1771-1793 Child Nutrition Act, especially:

1773 School Breakfast program

1779 Rules and regulations, Child Nutrition Act

CODE OF FEDERAL REGULATIONS, TITLE 7

210.1- 210.33 National School Lunch Program, especially:

210.30 Wellness policy

220.1-220.22 National School Breakfast Program

COURT DECISIONS

Frazer v. Dixon Unified School District, (1993) 18 Cal. App.4th 781

Management Resources:

CSBA PUBLICATION

Integrating Physical Activity into the School Day, Governance Brief, April 2016

Increasing Access to Drinking Water in Schools, Policy Brief, April 2013

Monitoring for Success: A Guide for Assessing and Strengthening Student Wellness Policies, rev. 2012

Nutrition Standards for Schools: Implications for Student Wellness, Policy Brief, April 2012

Student Wellness: A Healthy Food and Physical Activity Policy Resources Guide, rev. 2012

Physical Activity and Physical Education in California Schools, Research Brief, April 2010

Building Healthy Communities: A School Leader's Guide to Collaboration and Community Engagement, 2009

Safe Routes to School: Program and Policy Strategies for School Districts, Policy Brief, 2009

Physical Education and California Schools, Policy Brief, rev. October 2007

School- Based Marketing of Food and Beverages: Policy implications for School Boards, Policy Brief, March 2006

CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS

Physical Education Framework for California Public Schools, Kindergarten Through Grade Twelve, 2009

Health Framework for California Public Schools, Kindergarten Through Grades Twelve, 2003

CALIFORNIA PROJECT LEAN PUBLICATIONS

Policy in Actions: A Guide to Implementing Your Local School Wellness Policy, October 2006

CENTER FOR COLLABRATIVE SOLUTIONS

Changing Lives, Saving Lives: A Step-by-Step to Developing Exemplary Practices in Healthy Eating, Physical Activity and Food Security in Afterschool Programs, January 2015

CENTERS FOR DISEASE CONTROL AND PREVENTION PUBLICATIONS

Schools Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide, rev. 2012

FEDERAL REGISTER

Rules and Regulations, July 29, 2016 Vol, 81, Number 146, pages 50151-50170

NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION PUBLICATIONS

Fit, Healthy and Ready to Learn, rev. 2012

U.S. DEPARTMENT OF AGRICULTURE PUBLICATIONS

Dietary Guidelines for American, 2016

WEB SITES

CSBA: <http://csba.org>

Action for Healthy Kids: <http://www.actionforhealthykids.org>

Alliance for a Healthier Generation: <http://www.healthiergenera.org>

California Department of Education, Nutrition Services Division: <http://www.cde.ca.gov/ls/nu>

California Department of Public Health: <http://www.cdph.ca.gov>

California Healthy Kids Resources Center: <http://californiahealthykids.org>

California Project LEAN (Leaders Encouraging Activity and Nutrition):
<http://www.californiaprojectlean.org>

California School Nutrition Association: <http://www.calsna.org>

Center for Collaborative Solutions: <http://www.ccscenter.org>

Centers for Disease Control and prevention: <http://www.cdc.gov>

Dairy Council of California: <http://www.dairycouncilofca.org>

National Alliance for Nutrition and Activity: <http://www.cspinet.org/nutritionpolicy/nana.html>

National Association of State Boards of Educations: <http://nasbe.org>

School Nutrition Association: <http://www.schoolnutrition.org>

Society for Nutrition Education: <http://www.sne.org>

U.S. Department of Agriculture, Food Nutrition Service, wellness Policy:
<http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>

U.S. Department of Agriculture, Healthy Meals Resource Systems:
<http://healthymeals.fns.usda.gov>

