

## Students

### Student Wellness

The Wellness Committee will work in accordance with the coordinated school health approach, which improves students' health and their capacity to learn. It combines all of the resources and providers within the school and community in an organized set of policies, procedures and activities known as the District Wellness Policy. Its GOAL is designed to support and promote healthy eating, healthy behaviors and physical activity in the Lompoc Unified School District. It also develops strategies for promoting staff wellness and for involving parents/guardians and the community in reinforcing students' understanding and appreciation of the importance of a healthy lifestyle.

- (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 Diseases)
- (cf. 5141.3 - Health Examinations)
- (cf. 5141.31 - Immunizations)
- (cf. 5141.32 - Health Screening for School Entry)
- (cf. 5141.6 - School Health Services)
- (cf. 6020 - Parent Involvement)
- (cf. 6142.1 - Sexual Health and HIV/AIDS Prevention Education)
- (cf. 6164.2 - Guidance/Counseling Services)

### **Wellness Committee**

The work of the Wellness Committee shall include: advising the District on health-related issues, activities, policies and programs; and the development, implementation, periodic review and update of the District's Wellness Policy.  
(42 USC 1758b)

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### Student Wellness (continued)

To ensure representation from each school site, and stakeholder participation and involvement in the development, implementation, periodic review and update of the District's Wellness Policy, the following representatives will be recruited to serve on the District's Wellness Committee:

1. A District/school staff member
  - Suggestions for District/school staff include: administrators, teachers, physical education or health education teachers, school health professionals, Board of Education members, School Garden Managers, or any interested staff member
2. A community representative
  - Suggestions for a community representative include: PTA/PTSA members, parents, health professionals, and community organization/agency members interested in health and wellness
3. High school student representative
  - Students interested in health and wellness on their campus or with the recommendation of an advisor or teacher

The Wellness Committee shall meet every month, except during school breaks.

### **Goals for Nutrition, Physical Activity, and Other Wellness Activities**

Nutrition education, physical activity, and other school-based activities are designed to promote student health and wellness. (42 USC 1758b)

(cf. 0000 – Vision)

(cf. 0200 – Goals for the School District)

The District's nutrition education and physical education programs that are offered are based on research, consistent within the State's curriculum framework and content standards, and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

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Student Wellness (continued)

- (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 programs shall include information about the benefits of healthy eating for learning, disease prevention, weight management, and oral health.

Nutrition Education Goals:

1. Includes a campus-wide marketing plan that is designed to promote student wellness through the use of posters and parent communication, etc.
  - a. Programs in use include: Harvest of the Month, a California Public Health Department program that provides free health education resources aimed at motivating students to eat more fruits and vegetables; and MyPlate a USDA nutrition education resource found at [www.choosemyplate.gov](http://www.choosemyplate.gov)
2. Extend beyond the classroom and the school environment to the community using contests, promotions, taste tests, health fairs, farm visits, and school gardens
3. Are integrated into other subjects beyond health education such as math, science, language arts, physical education, etc.
4. Link with school meal programs and nutrition related community services
  - a. For example, taste tests in the Cafeteria and school garden produce served in the Cafeteria
5. Are integrated in before- and after-school programs, summer learning programs, and school garden programs

- (cf. 0200 – Goals for the School District)
- (cf. 5148.2 - Before/After School Programs)
- (cf. 6142.8 – Comprehensive Health Education)
- (cf. 6177 - Summer Learning Programs)

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### Student Wellness (continued)

To reinforce the District's nutrition education program, marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, free give-a-ways, or other means is prohibited.

(cf. 1325 - Advertising and Promotion)

### Physical Education and Activity Program Goals:

All students shall be provided with opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs, before-and/or 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. Students should spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

(cf. 5142.2 - Safe Routes to School Program)

(cf. 6145 - Extracurricular and Co curricular Activities)

(cf. 6145.2 - Athletic Competition)

1. Meet a minimum of 200 minutes for every 10 school days for students in grades 1-6; meet a minimum of 400 minutes for every 10 school days for students in grades 7-12
2. To fulfill the requirement for high school graduation, students must take two years of physical education in high school
3. All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools encourage moderate to vigorous physical activity through the provision of space and equipment
4. Utilize the Sports, Play, and Active Recreation for Kids (SPARK) Program to provide fun and creative physical activities for students. SPARK integrates with other curricula to include movement as part of science, math, social studies and language arts
5. Physical activity is integrated across curricula through expanding training to include movement as part of science, math, social studies and language arts
6. Physical activity/recess is not withheld or used as punishment

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Joint use agreements between LUSD and other support providers including the City of Lompoc are in place at several schools to make District facilities or grounds available for recreational or sports activities outside of the school day and/or to use community facilities to expand students' access to opportunities for physical activity.

(cf. 1330.1 – Joint Use Agreements)

Use of School Facilities Outside of School Hours: The District makes school spaces and facilities available to students, staff and community members when such use does not interfere with school activities. These spaces and facilities are also available to community agencies and organizations offering physical activity and nutrition programs.

(cf. 1330 –Use of School Facilities)

(cf. 6145.5 – Student Organizations and Equal Access)

Professional development shall be offered to health education and physical education teachers, coaches, activity supervisors, food services staff, and other staff as appropriate to enhance their health knowledge and skills.

(cf. 4131 - Staff Development)

(cf. 4231 - Staff Development)

(cf. 4331 - Staff Development)

A safe, positive school environment is also conducive to students' physical and mental health; therefore, the District prohibits bullying and harassment of all students, including bullying on the basis of weight or health condition.

(cf. 5131.2 - Bullying)

(cf. 5145.3 - Nondiscrimination/Harassment)

District staff is encouraged to serve as positive role models for healthy eating and physical fitness habits. Workplace wellness opportunities will be offered to employees.

### **Nutritional Guidelines for Foods Available at School**

All foods and beverages available to students at District schools will support the health curriculum with the objectives of promoting student health and reducing

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childhood obesity. The District will meet or exceed state and federal nutritional standards for all foods and beverages sold to students, including foods and beverages provided through the District's food service program, student stores, vending machines, fundraisers, or other venues.

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

(cf. 3554 - Other Food Sales)

Guidelines for Classroom Parties and Other Special Occasions:

1. Foods will not be used as a reward or withheld as punishment. *Healthy Food Guide for School Activities and Other Special Occasions*, a guidebook that lists alternative rewards other than food, is available on the District's website (under Wellness Committee).
2. Occasional classroom parties or celebrations shall support the District's nutrition education program and will be held after lunch when possible.
3. School staff shall encourage parents to support the State nutritional standards and the District's nutrition education program by considering nutritional quality when selecting foods for classroom parties (see *Healthy Food Guide for School Activities and Other Special Occasions*).
4. Ordering classroom party foods from Child Nutrition Services ensures that it is a healthy choice, and a safe choice. Please use the *Healthy Snacks Order Form* available on the District's website (under Wellness Committee).

### **Nutritional Guidelines for National School Meal Programs**

To maximize the District's ability to provide nutritious meals and snacks, all District schools shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs and after-school snack programs, to the extent possible. The District will sponsor a summer meal program, when it is feasible to do so.

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The new meal requirements (as required in the Child Nutrition Reauthorization Act of 2010) will be followed to provide optimal nutrition. Priority will be given to serving unprocessed foods, made with fresh ingredients without unnecessary additives such as high fructose corn syrup, excessive added sugar, preservatives and dyes.

Schools will provide a pleasant environment and adequate seating for students to eat comfortably. Students will be given adequate time to eat meals; no less than 10 minutes for breakfast and no less than 20 minutes for lunch after being served.

(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)

Schools will engage students and support them in order to help them identify new, healthful, and appealing food choices when selecting foods sold through the school meal programs. Information about the nutritional content of school meals will be made available on the District's website ([www.lusd.org](http://www.lusd.org)).

(cf. 1230 – School-Connected Organizations)

Schools provide access to free, safe drinking water during meal times in the food service areas (in accordance with Education Code 38086 and 42 USC 1758). The District is installing refrigerated, filtered water refill stations on all campuses. Students will be encouraged to consume water regularly for the purpose of promoting hydration for optimal health.

1. Students shall be allowed to bring drinking water into the classroom provided that it is in a capped/recyclable container.
2. The District will perform maintenance on all water fountains regularly. Maintain hygiene standards for drinking fountains, water jugs, water stations, and other methods for delivering water.
3. The District will promote drinking water as a substitute for sugary beverages such as fruit/juice drinks with added sugar, sodas, sports and energy drinks and flavored milk.

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#### Foods Sold Outside the School Meal Programs:

All foods and beverages sold to students at District schools, including those available outside the District's food services program, will support the health curriculum with the objectives of promoting student health and reducing childhood obesity. Nutritional standards adopted by the District for foods and beverages provided through fundraising, student stores, vending machines, or other venues will meet or exceed state and federal nutritional standards (reference California Department of Education, Nutrition Services Division *Quick Reference Card*, at:

[www.cde.ca.gov/ls/nu/he/documents/compfoodrefcard.doc](http://www.cde.ca.gov/ls/nu/he/documents/compfoodrefcard.doc) for the most current state and federal laws).

The District's guidebook, *Creative & Fun Fundraising*, details a list of alternative fundraising activities and is available on the District's website (under Wellness Committee).

(cf. 3312 - Contracts)

(cf. 3554 - Other Food Sales)

(cf. 1230 - School-Connected Organizations)

### **Program Implementation and Evaluation**

The Superintendent shall designate at least one person at the District level and one person at every school, who is charged with operational responsibility for ensuring that each school site complies with the District's Wellness Policy. (42 USC 1758b)

(cf.0500 – Accountability)

(cf. 3555 – Nutrition Program Compliance)

To determine the level of compliance, a school Wellness Policy assessment tool (checklist) will be completed at the District level and at each school site once every two years. The assessment will include goals in the following areas for student wellness and whether or not the District/school has addressed them:

1. Nutrition education
2. Nutrition promotion
3. Physical activity
4. Other school-based health



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5. Nutrition guidelines for all food available on campus
6. Accountability
7. Stakeholder involvement and participation
8. Public notification

The assessment will include, in addition to the checklist, a description of the progress made in attaining the goals of the Wellness Policy.

The Superintendent or designee shall report to the Board at least every two years on the progress of this policy and inform and update the public.

### **Posting Requirements**

Each school site shall post the District's policies and regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas. (Education Code 49432)

Each school site shall also post a summary of nutrition and physical activity laws and regulations prepared by the California Department of Education

The Superintendent or designee shall disseminate health information and/or the District's student Wellness Policy to parents/guardians through District or school newsletters, handouts, parent/guardian meetings, District and school websites, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

- (cf. 1100 - Communication with the Public)
- (cf. 1112 - Media Relations)
- (cf. 1113 - District and School Websites)
- (cf. 1114 - District-Sponsored Social Media)
- (cf. 6020 - Parent Involvement)

Lompoc Unified School District  
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