

# Your Campus as a Center of Health and Wellness

Below are some highlights from the District School Wellness Policy:  
AR 5030



**1**

Recognizing the link between student health and learning, the District's Wellness Policy is designed to support and promote healthy eating, healthy behavior, and physical activity within LompoC Unified School District.



**2**



Adults on campus serve as positive role models for healthy eating and physical fitness.

**3**

The District's Wellness Committee meets monthly and includes a diverse set of stakeholders: teachers, school health professionals, students, administrators, parents and community representatives.



**4**



Fresh drinking water is always available in or near eating areas, and children are allowed access to water throughout the day.

**5**

Food literacy (basic understanding of the implications of food production, preparation and consumption) is part of the campus culture in class, cafeteria, and garden.



**6**



Schools provide a pleasant environment and adequate seating for students to eat comfortably. Students have at least 20 minutes of table time after being served school lunch.

# 7

To create a safe, positive school environment, the District prohibits bullying and harassment of students, including on the basis of weight or health issues.



# 8



Students are provided opportunities during school to be physically active on a regular basis. Walking and biking to and from school are encouraged. Physical activity / recess is not used as a punishment.

# 9

Schools encourage non-food fundraising and classroom celebrations; allow only healthy foods to be sold or served to students; and do not use food as either punishment or reward.



# 10

Meals served to students on campus meet the Dietary Guidelines for Americans. Priority is given to provide meals that are prepared with unprocessed foods and fresh ingredients, without unnecessary additives such as high fructose corn syrup and excessive preservatives and dyes.

### *Tips for schools that wish to be community centers of health and wellness*

- ❖ Share the District Wellness policy with parents, teachers, and staff at the beginning of each school year. Post a copy in the school office and cafeteria.
- ❖ Include School Wellness topics at staff and parent meetings.
- ❖ Ensure fundraisers are based on healthy food and/or activities.
- ❖ Recognize and celebrate national campaigns such as: Food Day, National School Breakfast Week, Earth Day and Walk & Bike to School Day.
- ❖ Student Food and/or Garden Clubs are active on campus.
- ❖ Launch a workplace wellness initiative at your campus. Visit [www.Project-ACT.com](http://www.Project-ACT.com) for ideas.
- ❖ Display healthy food posters in the dining areas and classrooms.
- ❖ Class parties and celebrations shall be held after lunch when possible.
- ❖ Develop guidelines for the types of food and beverages students may bring on campus.
- ❖ Child Nutrition promotes [Harvest of the Month](#) taste-testing and collaborates with teachers and principals to bring HOTM lessons to the classrooms and school communities.
- ❖ Child Nutrition Services caters [classroom parties](#) and celebrations as well as meals or snacks at school meetings.

*For more information, contact LUSD Wellness Committee Chair,  
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