

Students

Student Wellness

The Wellness Committee will work in accordance with the coordinated school health approach, which improves student=s health and their capacity to learn. The Coordinated School Health Program is a response to the varied health and social conditions that exist in today=s society influencing student achievement and success. It combines all of the resources and providers within the school and community in an organized set of policies, procedures and activities designed to protect and promote the health and well being of students and school staff.

The Wellness Committee will continue to promote and support a culture of health and fitness in the Lompoc Unified School District. The Wellness Committee will develop, implement, monitor, review, and, as necessary, revise this Wellness Policy and others related to school nutrition and physical activity. The Wellness Committee will serve as a resource to school sites for implementing, monitoring and reviewing district wide nutrition guidelines for all foods available on each campus, nutrition education curriculum and physical activity policies.

The Lompoc Unified School District is guided by the eight-component model of coordinated school health as established in the Health Frameworks for California Public Schools. Coordinated school health is an integrated and collaborative approach that includes: health education, physical education, nutrition services, health services, a safe and healthy school environment, parent and community involvement, health promotion for staff, and psychological and counseling services.

The district Wellness Committee is comprised of a diverse group of district and community representatives which currently includes: school and community nurses, food service representatives of whom two are registered dietitians, teachers, high school students, PTA representatives, school administrators, members from the Lompoc Valley Community Healthcare Organization and a member of the Board of Education.

Nutritional Quality of Foods and Beverages Sold and Served on Campus

I. **Foods and Beverages Sold Individually:** (i.e., food sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte/snack lines, school stores, etc.)

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Elementary Schools: The school food service program will approve/and or provide all foods and beverage sales to students in elementary schools during school hours. Given young children=s limited nutrition skills, food in elementary schools should be sold as balanced meals. Foods and beverages sold individually during meal times should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables. (Ed Code 49431, 49431.5, SB19, SB 677)

Middle Schools: All foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte/snack lines, vending machines, students stores, during the school day) will meet the following nutrition and portion size standards (Ed Code 49431.2 and SB19, SB 677, SB12, SB965):

Beverages: From one-half hour before the start of the school day to one-half hour after the end of the school day:

Allowed B water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by USDA); electrolyte replacement beverages; and sugar-free beverage (such as diet soda).

Foods:

A food item sold individually must meet the following standards:

- ! Will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated fat
- ! Will have no more than 35% of its weight from added sugars (note B beginning July 1, 2007 not more than 35% of total weight, including naturally occurring sugar and added sugar)
- ! Lower sodium foods and beverage choices
- ! Beginning July 1, 2007 B a snack food will contain no more than 250 calories per individual food item
- ! Beginning July 1, 2007 B a food sold separate from the USDA meal program shall contain no more than 400 calories per entrée and 4 grams of fat per 100 calories

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Portion Sizes:

- ! Limit portion sizes of foods and beverages sold individually to single serving sizes. Super-sized portions will be discouraged.

High Schools: All foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte/snack lines, vending machines, students stores during the school day) will meet the following nutrition and portion size standards (Ed Code 49431.2, SB12, SB965)

Beverages: From one-half hour before the start of the school day to one-half hour after the end of the school day:

Allowed B water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by USDA); electrolyte replacement beverages; and sugar-free beverage (such as diet soda).

- ! Beginning July 1, 2007, at any time during the day, no less than 50% of all beverages sold to pupils shall meet the above criteria
- ! Beginning July 1, 2009, at any time during the day, all beverages sold to students shall meet the above criteria

Foods:

Beginning July 1, 2007 - a food item sold individually must meet the following standards:

- ! Will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated fat
- ! Will have no more than 35% of its weight from added sugars (note B beginning July 1, 2007 not more than 35% of total weight, including naturally occurring sugar and added sugar)
- ! Lower sodium foods and beverage choices
- ! Beginning July 1, 2007 B a snack food will contain no more than 250 calories per individual food item
- ! Beginning July 1, 2007 B a food sold separate from the USDA meal program shall contain no more than 400 calories per entrée and 4 grams of fat per 100 calories

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Portion Sizes:

Limit portion sizes of foods and beverages sold individually to single serving sizes. Super-sized portions will be discouraged.

Note: to calculate if an individual food item would meet the nutrition standards for fat, saturated fat, and sugar established by California=s legislation refer to the following web site tool: www.californiaprojectlean.org/calculator/

II. Fundraising Activities. To support children=s health and school nutrition-education efforts, school fundraising activities will be encouraged to include activities other than food/and or healthy food options. The school district will make a guidebook available to teachers and PTA/PTSA titled *Creative & Fun Fundraising* which details a list of healthy fundraising activities (form # D-203 available at the Print Shop). This guidebook will also be available on the district web site. When foods are used for fundraisers, foods that meet nutrition guidelines established by law will be encouraged. At elementary schools, the sale of food items that do not comply with nutrition standards are permitted one-half hour after the end of the school day or off school premises. (Ed Code 49431.2, 49431.5, SB19, SB 677)

If schools choose to sell food and beverage items during the school day as a fundraising project, the following California regulations shall be followed (California Code of Regulations Title 5, Sections 15500 and 15501; Ed Code 48931;SB 12):

Food Sales in Elementary Schools:

Competitive Food Regulations: ACompetitive foods@ are defined as any foods sold in competition with the National School Lunch and School Breakfast Programs to children in food service areas **during the meal periods**. The purpose of this regulation is to ensure optimum participation in the National School Meal Program. (Ed Code 48931; Title 5, Sections 15500 and 15501; Management Bulletin 00-810)

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1. The sale of food by student organizations is permitted only if the governing board approves the sale of not more than one food item; and
 - ! the sale is conducted after the noon meal service;
 - ! the food is not prepared on the school premises;
 - ! there are no more than four such sales per year per school;
 - ! the food item is a dessert-type food; and
 - ! the food item is not sold in the food service program that day at that school.

2. The following foods may be sold to pupils (SB 12 Guidelines):
 - ! Individually sold portions of nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruit, vegetables that have not been deep fried, and legumes.
 - ! Individually sold dairy items and whole grain food items if meets all of the following standards:
 - i. not more than 35% of its total calories shall be from fat.
 - ii. not more than 10% of its total calories shall be from saturated fat.
 - iii. not more than 35% of its total weight shall be composed of sugar, including naturally occurring and added sugar.
 - iv. not more than 165 calories per individual food item.
 - ! Foods that do not comply with the above standards may be sold provided:
 - i. The items are sold by pupils of the school and the sale of those items takes place off of and away from school premises, or
 - ii. The items are sold by pupils of the school and the sale of those items takes place at least one-half hour after the end of the school day.

Food Sales in Middle and High Schools:

1. Competitive Food Regulations: The governing board may permit a student organization to sell food items during or after the regular school day if the following conditions are met: (Ed Code 48931; Title 5, Sections 15500 and 15501; Management Bulletin 00-810)
 - ! The specific nutritious food items are approved by the governing board.

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- ! A student organization or organizations may be approved to sell food at any time during the school day, including the meal periods as provided in (1) and/or (2):
 - i. Only one organization each school day selling no more than three types of food or beverage items, and/or
 - ii. Any one or more student organizations may conduct no more than four food sales of any food items during a school year in each school, but such sales shall be held on the same four days for any or all organizations (e.g., school wide events such cultural fairs, etc.). Interpretation: four days per year more than one student organization can sell.

Note: will seek to provide opportunities and alternatives so that fundraising income will not be jeopardized.

- ! The sales during the regular school day are not of food prepared on the premises.
- ! The food items sold during the regular school day are not those sold by the food service program at the school during that school day

- 2. The following foods may be sold to pupils (SB 12 Guidelines):
 - a. Not more than 35% of its total calories shall be from fat.
 - b. Not more than 10% of its total calories shall be from saturated fat.
 - c. Not more than 35% of its total weight shall be composed of sugar, including naturally occurring and added sugar.
 - d. Individual food items will contain no more than 250 calories per serving
 - e. Entrée food items will contain no more than 400 calories per entrée and contain no more than 4 grams of fat per 100 calories

III. School Meals:

Meals served through the National School Lunch and Breakfast Programs will:

- ! be appealing and attractive to children;
- ! be served in clean and pleasant settings;

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- ! meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- ! offer a variety of fruits and vegetables;
- ! serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- ! half of the grains served will be whole grain.

Schools will engage students in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition schools will share information about the nutrition content of meals and snack foods with parents and students on the district's Web Site, <http://www1.lusd.org> , via the Health-e-Living ↗ link.

Breakfast: To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- ! Schools will, to the extent possible, operate the School Breakfast Program in all schools.
- ! Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.
- ! Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
- ! School will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Free and Reduced-priced Meals: Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-priced school meals.

Meal Times and Scheduling: Schools

- ! will provide students with at least 20 minutes after sitting down for lunch;
- ! should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.;
- ! should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- ! schools will be encouraged to schedule lunch periods to follow recess periods (in elementary schools);

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- ! will provide students access to hand washing or hand sanitizing before they eat meals or snacks.

Qualifications of School Food Service Staff: Qualified nutrition professionals will administer the school meal programs. As part of the school district=s responsibility to operate a food service program, continuing professional development will be provided for all nutrition professionals in schools. Staff development programs will include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

Sharing of Food and Beverages: Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children=s diets.

Snacks: Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children=s diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and beverages that are within the nutritional standards, as stated above. Schools will assess if and when to offer snacks based on timing of school meals, children=s nutritional needs, children=s ages, and other considerations. The district will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

- ! If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Meal Program.

Food as Rewards: Schools will not use foods and beverages that do not meet the nutrition standards and foods will not be withheld as a punishment. The school district has made a guidebook available titled *Healthy Food Guide for School Activities and Other Special Occasions* that details a list of alternatives to using food as a reward (form # FS-56 available at the Print Shop).

Celebrations & Events: Schools should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (above). The district will disseminate a guidebook titled *Healthy Food Guide for School Activities and Other Special Occasions* which details a list of

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healthy party ideas and recipes for parents and teachers (form #FS-56 available at the Print Shop). This guidebook will also be available on the district web site.

Nutrition, Education and Promotion

The Lompoc Unified School District aims to teach, encourage and support healthy eating by students, staff and community. Schools should engage in nutrition promotion and provide nutrition education as part of health education that:

1. Is offered at each grade level as part of sequential, comprehensive health education instruction, based on the *Health Framework for California Public Schools*, and be designed to provide students with the knowledge and skills necessary to promote and protect their health,
2. Includes assessment of students= knowledge and skills,
3. Is part of not only health education and home economics classes, but also encouraged to occur in classroom instruction subjects such as math, science, language arts, social sciences, and elective subjects.
4. Includes enjoyable, developmentally appropriate, culturally relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens,
5. Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health enhancing nutrition practices,
6. Emphasizes caloric balance between food intake and energy expenditure (physical activity and exercise),
7. Links with school meal programs, other school foods, and nutrition related community services,
8. Teaches media literacy with an emphasis on food marketing,
9. Includes training for teachers and funding for support materials.

Physical Education and Physical Activity Opportunities

Physical Education, K-12. All students in grades K-12 that meets the needs of each student, including students with disabilities, special health-care needs, and in alternative educational settings, will receive physical education instruction according to the regulations of the Californian State Board of Education. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

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Daily Recess: All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity, including through the provision of space and equipment.

Integrating Physical Activity throughout the school day: In keeping with the Coordinated School Health model, physical activity will be integrated across curricula through expanding training to include movement as part of science, math, social studies and language arts.

Schools should discourage extended periods (*i.e.*, periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities Before and After School: Elementary, middle, and high schools are encouraged to explore opportunities to provide extracurricular physical activity programs, such as physical activity clubs or intramural programs. High schools, and middle schools as appropriate, will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

All before and after school programs that are school-based will follow the physical activity policies of the LUSD Wellness Plan.

After-school child care and enrichment programs will provide and encourage, including through the provision of space, equipment, and activities, daily periods of moderate to vigorous physical activity for all participants.

Physical Activity and Punishment: Teachers and other school and community personnel will not use physical activity (*e.g.*, running laps, pushups) or withhold opportunities for physical activity (*e.g.*, recess, physical education) as punishment.

Use of School Facilities Outside of School Hours: School spaces and facilities should be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. Schools are encouraged to develop joint use agreements or

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memoranda of understanding with civic and community partners to ensure formal agreement for use of school facilities. These agreements should include clauses that provide for care and maintenance of the school facilities.

OTHER SCHOOL BASED ACTIVITIES

- ! At a minimum, students will have access to a credentialed school nurse, or a health professional under the supervision of a credentialed school nurse, throughout the school day.
- ! Parent/guardian outreach will emphasize the relationship between student health and academic performance and the need for consistent health messages between the home and the school environment.
- ! Provide consistent health education for parents that include but are not limited to nutrition and physical activity, through the school newsletter, informational handouts, parent meetings, and the school web site.

Implementation and Evaluation

The superintendent or designee shall designate at least one person within the school district or at each school who is charged with operational responsibility for ensuring that the school sites implement the adopted district Wellness Policy.

Measuring Implementation of Goal #1

1. Email cover letter and Wellness Policy to district Staff
 - ! What date was the Wellness Policy approved by the Board of Education?
 - ! What date was the Wellness Policy emailed to the district staff?
2. Post Wellness Policy and *Creative and Fun Fundraising* and *Healthy Classroom Party Ideas* documents on the District web site
 - ! What date did the Wellness Policy post on the district web site?
3. Present policy at Admin Council Meeting
 - ! What date was the approved Wellness Policy distributed to the Admin Council
 - ! How many copies were distributed?

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4. Attend meetings of stakeholders and distribute Wellness Policy and *Creative and Fun Fundraising* and *Healthy Classroom Party Ideas* packets
 - ! What meetings were attended and dates of meeting
 - ! How many copies were distributed?
5. Write article for parents to be featured in school newsletters which will direct them to the Wellness Policy on the district web site

- !
 - ! Date article was written/distributed to principals
 - ! Schools and dates articles appeared in newsletters
6. Staff Health B Develop and distribute a quarterly District Wellness Committee Newsletter