

Local School Wellness Policy (LSWP)

A local school wellness policy is a written document that guides a local educational agency's (LEA) or school district's efforts to establish a school environment that promotes students' health, well-being, and ability to learn.

Healthy Hunger-Free Kids Act (HHFKA) 2010



The HHFKA of 2010 establishes nutritional standards for food available in schools and addresses LSWP.

The objectives of the LSWP include:

- Strengthening implementation and assessment of policies
- Expanding public input in LSWP policy development and reporting.

USDA Final Rule

On July 29, 2016, the USDA Food and Nutrition Service (FNS) finalized regulations to create a framework for written wellness policies established by LEAs.

For compliance with the USDA Final Rule our LSWP identifies & includes:

- school district official(s) responsible for compliance of the LSWP
- Language inviting school community members to participate in sustaining the LSWP
- Language describing the methods for informing the public
- Ensures the district is in compliance, compared, and attain the goals of the LSWP



School Meals

Students who participate in the school meal programs have access to nutritious foods and beverages to support their growth, development and academic performance.

Nutrition Standards for School Meals:

- **Fruits and vegetables**
 - Schools must meet the required vegetable subgroups:
 - Dark green
 - Red and orange
 - Dry beans, and peas and legumes
- **Grains (whole grain-rich)**
- **Meats and meat alternates**
- **Fat-free and low-fat milk**
- **Access to free drinking water**



Our school district will:

- Ensure meals are accessible to all students
 - the district will accommodate special dietary needs
- Offer a variety of foods and beverages that are appealing to children
- Provide adequate time to eat school meals
- Encourage staff to model healthy eating behaviors



Water

Adequate hydration may improve cognitive function among children and adolescents, which is important for learning.

Our school district will:

- Ensure free, safe and unflavored drinking water is available to students during the school day and during the extended school day

All water sources and containers will be maintained regularly to ensure adherence to health and safety standards



Nutrition Education

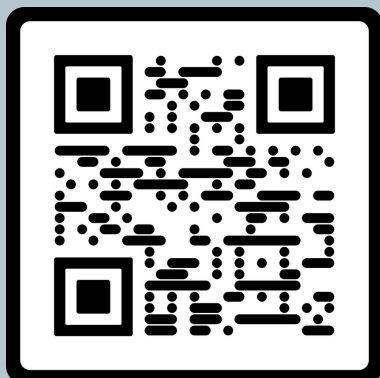
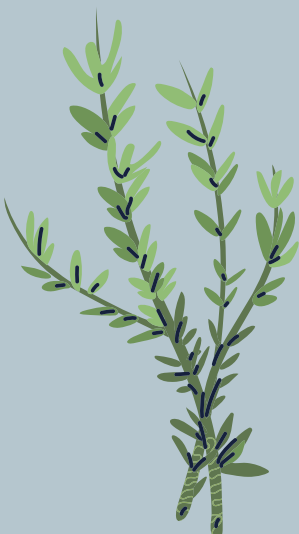
Nutrition education is a vital part of a comprehensive health education program and empowers children with knowledge and skills to make healthy food and beverage choices.



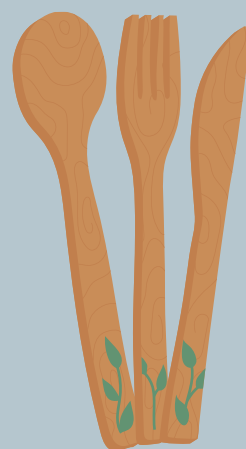
Our school district will ensure:

- Nutrition and physical activity education are integrated into classroom subjects
- Nutrition and physical activity education include developmentally appropriate, culturally relevant and participatory activities'
- The curricula used are designed to provide students with the knowledge and skills necessary to promote and protect their health

Scan the QR Codes for Nutrition Education Resources!!



MyPlate



**LA County Office of
Education Nutrition
& Wellness website**

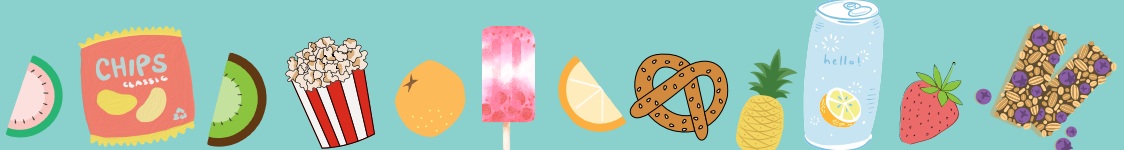
Competitive Foods & Beverages

Our school district requires all foods and beverages sold outside of the school meal programs during the school day and during the extended school day will, at a minimum, meet **Smart Snacks**.

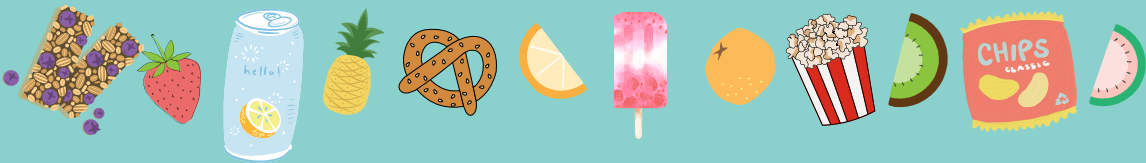
Smart Snacks aim to increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits.

Smart Snack Qualifications:

- Be a grain product that contains 50% or more whole grains by weight, **or**
- Have as the first ingredient a fruit, vegetable, dairy product or protein food, **or**
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable, **and**
- Meet the following minimum standards for calories, sodium, sugar and fats:



Nutrient	Snack	Entree
Calories	200 calories or less	350 calories or less
Sodium	200 mg or less	480 mg or less
Total Fat	35% of calories or less	35% of calories or less
Saturated Fat	Less than 10% of calories	Less than 10% of calories
Trans Fat	0g	0g
Sugar	35% by weight or less	35% by weight or less



Celebrations, Rewards, and Fundraisers

Foods and Beverages served, offered, and/or sold should at minimum, meet the Smart Snacks requirements.

- Our school district encourages schools to use fundraisers that promote physical activity
 - e.g., walk-a-thons, Jump Rope for Heart or fun runs.

Nutrition Promotion

Nutrition promotion can foster healthy food environments and positively influences lifelong healthy eating behaviors. Our school district will promote healthy food and beverage choices through school announcements, newsletters, and website postings.



Health and wellness efforts are weakened when students are subjected to advertising on district property that promotes unhealthy foods and beverages.

The marketing of products that do not meet Smart Snacks, in any and all of the following ways, is prohibited:

- **brand names, trademarks, logos or tags on:**

- cups used for beverage dispensing
- menu boards
- coolers & trash cans
- foodservice equipment
- posters/school supplies
- uniforms
- school vehicles
- athletic fields school equipment offered or sold by the district



- **through digital media & advertisements in:**

- school publications and mailings



- **broadcasts on:**

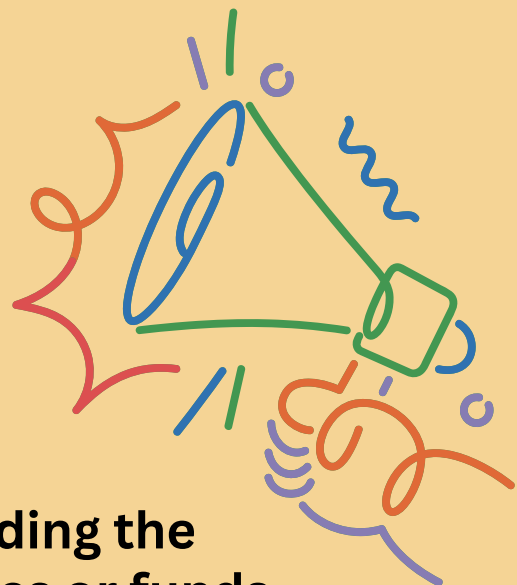
- school radio stations, announcements, and television



- **free samples, taste tests, or coupons for products**



- **educational incentive programs (such as contests) including the promotion of programs that provide schools with supplies or funds**



Physical Activity Opportunities

Sixty a Day of Fun & Play!



Children and adolescents, should participate in at least 60 minutes of physical activity every day in order to ensure optimum health.

Research shows that proper nutrition and physical activity before, during and after the school day are strongly correlated with positive academic outcomes as well as lifelong wellness.

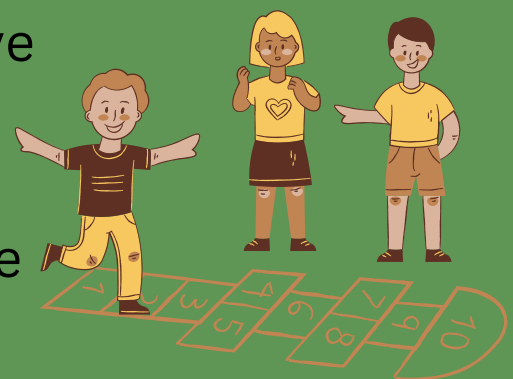
Benefits of Physical Activities in the Classroom:

- Improve concentration and ability to stay on-task in the classroom
- Reduce disruptive behavior, such as fidgeting, in the classroom
- Improve motivation and engagement in the learning process



Daily Recess: Recess provides time to move, play, problem solve and socialize. Increased attention span and academic performance can result after recess.

- The District will provide schools and students with adequate spaces, facilities, equipment and supplies for recess



Before & After School Activities Opportunities:

- Physical activity clubs
- Physical activity breaks in aftercare
- Intramurals or interscholastic sports

Strong 4 Life Campaign

Scan the QR Code for a 4-minute video on stretches you can do with your family!



Social-Emotional Climate (School Climate)



The social-emotional climate can impact student engagement in school activities, relationships with their community, and academic performance

Our school district is committed to creating a positive social emotional climate, this is will be promoted by:

- establishing anti-bullying policies
 - includes bullying on the basis of weight or health condition

Physical Enviroment

Our school district is committed to ensuring that the school environment protects the health and safety of students and staff.



This will be achieved by:

- Identifying environmental health risks
- Developing strategies to prevent and/or mitigate environmental hazards

Health Services

Our school district will support students' physical health by:

- Ensuring students have access to qualified medical professionals in the school setting
- Providing student physical health screening
 - vision, hearing, and scoliosis
- Providing access to health services at or near district schools and/or referral to community resources



Guidance and Counseling Services



Through counseling, students will have access to:

- individualized reviews of their educational progress toward academic and/or career and vocational goals
- Discussions about social, personal, or other issues that may impact student learning

USDA Non-Discrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.



Scan the QR Code for the
full USDA Non-
Discrimination Statement



Parent Outreach

Our school district will support parent outreach by:

- Making the LSWP available to the public through:
 - District or school newsletters
 - Handouts, parent/guardian meetings
 - District and school websites

