

STUDENT WELLNESS

The Los Angeles County Board of Education recognizes the link between student health and learning and is committed to providing a safe and health-promoting learning environments for Los Angeles County Office of Education (LACOE) students. The County Superintendent or designee coordinates a school wellness program to support and reinforce health literacy through nutrition education, health education, physical education, health services, nutrition services, psychological and counseling services, health promotion for staff, a safe and healthy school environment, and parent/guardian and community involvement.

- (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. 5141 - Health Care and Emergencies)*
- (cf. 5141.27 - Food Allergies/Special Dietary Needs)*
- (cf. 5141.31 - Immunizations)*
- (cf. 5141.6 - School Health Services)*
- (cf. 5142 - Safety)*
- (cf. 5146 - Married/Pregnant/Parenting Students)*
- (cf. 6142.1 - Sexual Health and HIV/AIDS Prevention Education)*
- (cf. 6164.2 - Guidance/Counseling Services)*

The County Superintendent or designee may disseminate health information to parents/guardians through newsletters, handouts, parent/guardian meetings, website, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance-

- (cf. 1113 - Web Sites)*
- (cf. 6020 - Parent Involvement)*

School Wellness Committee

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

The County Board acknowledges that LACOE schools play a vital role in childhood nutrition and fitness, and therefore supports collaboration among the following components of coordinated school health:

1. Nutrition services
2. Health/nutrition education

STUDENT WELLNESS (continued)

3. Physical education and physical activity
4. Health services
5. Mental health/counseling services
6. Safe and healthy school environment
7. Parent and community involvement

Nutrition Education and Physical Activity Goals

The County Board shall adopt goals and programs for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that LACOE determines appropriate. (42 USC 1751)

(cf. 0200 - Board Priorities for LACOE)

Nutrition education and physical education programs shall be based on research, consistent with the expectations established in the state's curriculum frameworks and content standards, and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

(cf. 6011 - Academic Standards)

(cf. 6143 - Courses of Study)

Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program.

(cf. 6142.8 - Comprehensive Health Education)

Students shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, school athletic programs, extracurricular programs, before- and/or after-school programs, and other structured and unstructured activities.

(cf. 6142.7 - Physical Education and Activity)

(cf. 6145 - Extracurricular and Cocurricular Activities)

(cf. 6145.2 - Athletic Competition)

The County Superintendent may enter into a joint use agreement to make LACOE 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.

STUDENT WELLNESS (continued)**Nutritional Guidelines for Foods Available at School**

For all foods and beverages available on each campus during the school day, LACOE shall adopt nutrition guidelines which are consistent with 42 USC 1758, 1766, 1773 and 1779 and support the objectives of promoting student health and reducing childhood obesity. (42 USC 1758b)

The County Board shall adopt nutritional guidelines for all foods available on each campus during the school day, with the objectives of promoting student health and reducing childhood obesity. (42 USC 1751)

The County Board believes that foods and beverages available to students at LACOE schools should support the health curriculum and promote optimal health. Nutritional standards adopted by LACOE for all foods and beverages sold to students, including foods and beverages provided through LACOE's food service program, student stores, vending machines, fundraisers, or other venues, shall meet or exceed state and federal nutritional standards.

(cf. 3312 - Contracts)

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

(cf. 5148.3 - Birth to Five Early Care and Education)

In order to maximize LACOE's ability to provide nutritious meals and snacks, 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. When approved by the California Department of Education, LACOE may sponsor a summer meal program.

(cf. 3552 - Summer Meal Program)

(cf. 3553 - Free and Reduced Price Meals)

The County Superintendent or designee will encourage school organizations to use healthy food items or non-food items for fundraising purposes. He/she also shall encourage school staff to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior.

(cf. 1230 - School-Connected Organizations)

School staff shall encourage parents/guardians or other volunteers to support the LACOE's nutrition education program by considering nutritional quality when selecting any snacks which they may donate for occasional class parties and by limiting foods or beverages that do not meet nutritional standards to no more than one such food or beverage per party. Class parties or celebrations shall be held after the lunch period when possible.

STUDENT WELLNESS (continued)

Guidelines for Reimbursable Meals

Foods and beverages provided through federally reimbursable school meal programs shall meet or exceed federal regulations and guidance issued pursuant to 42 USC 1758(f)(1), 1766(a), and 1779(a) and (b), as they apply to schools. (42 USC 1751 Note)

In order to maximize LACOE's ability to provide nutritious meals and snacks, all LACOE schools shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs, to the extent possible.

(cf. 3553 - Free and Reduced Price Meals)

Program Implementation and Evaluation

The County Board shall establish a plan for measuring implementation of this policy. The County Superintendent shall designate at least one person within the county office and at each school who is charged with operational responsibility for ensuring that each school site implements this policy. (42 USC 1751 Note)

The County Superintendent shall designate one or more employees, as appropriate, to ensure that each school site complies with this policy. (42 USC 1758b)

(cf. 3555 - Nutrition Program Compliance)

The County Superintendent or designee shall inform and update the public, including parents/guardians, students, and others in the community, about the contents and implementation of this policy. He/she shall periodically measure and make available to the public an assessment of the extent to which 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 County Superintendent or designee will report to the County Board at least every two years on the implementation of this policy and any other County Board policies related to nutrition and physical activity.

Posting Requirements

Each school shall post LACOE's policies and regulations on nutrition and physical activity in public view within all central eating areas. (Education Code 49432)

STUDENT WELLNESS (continued)

Legal Reference:

EDUCATION CODE

- 33350-33354 CDE responsibilities re: physical education*
- 49430-49436 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*
- 49550-49561 Meals for needy students*
- 49565-49565.8 California Fresh Start pilot program*
- 49570 National School Lunch Act*
- 51210 Course of study, grades 1-6*
- 51220 Course of study, grades 7-12*
- 51222 Physical education*
- 51223 Physical education, elementary schools*
- 51795-51796.5 School instructional gardens*
- 51880-51921 Comprehensive health education*

CODE OF REGULATIONS, TITLE 5

- 15500-15501 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

- 1751-1769 National School Lunch Program, especially:*
- 1751 Note Local wellness policy*
- 1771-1791 Child Nutrition Act, including:*
- 1773 School Breakfast Program*
- 1779 Rules and regulations, Child Nutrition Act*

CODE OF FEDERAL REGULATIONS, TITLE 7

- 210.1-210.31 National School Lunch Program*
- 220.1-220.21 National School Breakfast Program*

COURT DECISIONS

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

Management resources (continued next page)

STUDENT WELLNESS (continued)*Management Resources:***CSBA PUBLICATIONS***Nutrition Standards for Schools: Implications for Student Wellness, Policy Brief, rev. October 2007**Food Safety Requirements, Fact Sheet, October 2007**Physical Education and California Schools, Policy Brief, rev. October 2007**Monitoring for Success: Student Wellness Policy Implementation Monitoring Report and Guide, 2007**Promoting Oral Health for California's Students: New Roles, New Opportunities for Schools, Policy Brief, March 2007**Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. April 2006**School-Based Marketing of Foods and Beverages: Policy Implications for School Boards, Policy Brief, March 2006***CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS***Healthy Children Ready to Learn, January 2005**Health Framework for California Public Schools, Kindergarten Through Grade Twelve, 2003***CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS (continued)***Physical Education Framework for California Public Schools, Kindergarten Through Grade 12, 1994***CALIFORNIA PROJECT LEAN PUBLICATIONS***Policy in Action: A Guide to Implementing Your Local School Wellness Policy, October 2006***CENTERS FOR DISEASE CONTROL AND PREVENTION PUBLICATIONS***School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide for Elementary and Middle/High Schools, 2004**Making It Happen: School Nutrition Success Stories, 2005***NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION PUBLICATIONS***Fit, Healthy and Ready to Learn, 2000***U.S. DEPARTMENT OF AGRICULTURE PUBLICATIONS***Dietary Guidelines for Americans, 2005**Team Nutrition, Food and Nutrition Services, Changing the Scene, Improving the School Nutrition Environment: A Guide to Local Action, 2000***WEB SITES***CSBA: <http://www.csba.org>**Action for Healthy Kids: <http://www.actionforhealthykids.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 Resource Center: <http://www.californiahealthykids.org>**California Project LEAN (Leaders Encouraging Activity and Nutrition):**<http://www.californiaprojectlean.org>**California School Nutrition Association: <http://www.calsna.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 Education: <http://www.nasbe.org>**National School Boards Association: <http://www.nsba.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_steps.html*

STUDENT WELLNESS

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Research shows that nearly one in three children and adolescents are overweight or at risk of being overweight. High health, social, and economic costs are associated with chronic overweight and obesity. Obesity has been identified as a major risk factor for type 2 diabetes, heart disease, and certain types of cancers, and as a contributing factor for anxiety, depression, and school absenteeism.

This Local School Wellness Policy (LSWP) outlines LACOE's approach to ensure safe and healthy environments and opportunities for LACOE students to practice health promoting behaviors throughout the school day. LACOE will establish and maintain an infrastructure for management, oversight, implementation, communication, monitoring, and evaluation of the LSWP and its goals and outcomes. This policy applies to all LACOE students and staff in the Division of Student Programs. Specific measurable goals and outcomes are identified within each section below.

(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. 5141 - Health Care and Emergencies)
(cf. 5141.27 - Food Allergies/Special Dietary Needs)
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(cf. 6164.2 - Guidance/Counseling Services)
(cf. 1113 - Web Sites)
(cf. 6020 - Parent Involvement)

STUDENT WELLNESS (continued)

The County Superintendent or designee(s) will appoint a wellness committee that consists of qualified staff members who represent the Whole School, Whole Community, Whole Child (WSCC) model; which may include but is not limited to students, parents, teachers, nutrition service professionals, school health professionals, members of the Board of Education, school administrators, physical education and health teachers, school nurses, and other interested community members. The wellness committee members are responsible for developing, implementing, monitoring, and reviewing LACOE wellness policies. All stakeholders will be involved with implementation and periodic review and updating of policies to ensure each school's compliance with the policy. LACOE's wellness committee will meet a minimum of four times a year in person or virtually. These meetings will allow the committee to advise LACOE on health-related issues, activities, policies, and programs that promote nutrition education, physical activity, health promotion for staff, a safe and healthy school environment, family and community involvement, and student wellness. LACOE will encourage school sites to develop school wellness or health committees. These committees should develop plans for LSWP implementation at the school level. The work of the school committees would support the work of LACOE's wellness committee. (42 USC 1758b; 7 CFR 210.30)

Leadership

LACOE will convene a representative wellness committee that meets to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of LACOE's LSWP.

Designated LACOE staff will facilitate the development and updates to the LSWP. The following designees have the authority and responsibility for oversight of implementation of the LSWP at each LACOE school site.

Name	Title	Email Address
Dr. Jason Hasty	Executive Director, Educational Programs	Hasty_Jason@lacoed.edu
Tonya Ross	Coordinator II, Health and Wellness	Ross_Tonya@lacoed.edu
Maryam Shayegh	Nutrition and Wellness Coordinator	Shayegh_Maryam@lacoed.edu
Tavauga Hoching	Senior Program Specialist	Hoching_Tauvaga@lacoed.edu

STUDENT WELLNESS (continued)**Community Involvement**

The County Superintendent or designee(s) will establish a school wellness committee that supports and reinforces wellness and health-related policies and programs through a comprehensive and coordinated approach using the Whole School, Whole Community, Whole Child (WSCC) model to meet the needs of LACOE students and their families. In order to ensure that students, parents, and community members have access to comprehensive health services, LACOE will provide access to health services at or near schools and/or may provide referrals to community resources.

LACOE will provide health messages to model healthy eating behaviors, physical fitness activities, as well as provide workshops and training for parents, in which they can take this newfound knowledge and apply it in their homes. Outreach to parents/guardians will emphasize the relationship between student health and academic performance. LACOE will disseminate the information to the students and parents through school newsletters, handouts, during parent meetings, PTA, ASB, Student Council, and LACOE or school site website to emphasize the relationship between LACOE and the parents and the community being served. Parents, Community Members and students will also participate in school health advisory councils both at their school sites and at LACOE. Parents will be encouraged to play an integral part in implementing the LSWP and will be given information on laws addressing foods and beverages sold at the school sites. Students and parents will be made aware of who is in charge of LACOE's school meal program and LSWP implementation.

Parents and students will also have an opportunity to preview the school menu, in order to provide feedback on the quality and variety of the food served. Parent and student input and feedback will be collected through surveys and at meetings and attention will be given to their comments, concerns and ideas. LACOE will provide culturally and age-appropriate nutrition education workshops for students and parents at a convenient time. Workshops will be offered using a variety of methods such as in-person, online, and blended model. LACOE will promote the LSWP to faculty, staff, parents, and students. A copy will be posted on the LACOE and school website for ease of access by the entire school community. The LSWP can be accessed on the LACOE website: www.lacoe.edu

Nutrition**1. Nutrition Education**

Nutrition education will be provided as part of a sequential and comprehensive health education curriculum using culturally and grade-appropriate methods to integrate nutrition into other academic subjects in the regular educational program, before school and afterschool programs, and summer learning programs. Nutrition education will teach the skills and knowledge that all students need to promote and maintain a healthy lifestyle. The topics taught may include, but not limited to:

STUDENT WELLNESS (continued)

- a. The relationship between healthy eating and personal health and disease prevention
- b. Food guidance from MyPlate
- c. Reading and using food labels
- d. How to calculate serving sizes of foods and beverages
- e. Eating a variety of foods every day
- f. Balancing food intake and physical activity
- g. Eating more fruits, vegetables and whole grain products
- h. Choosing foods and beverages with little to no added sugars
- i. Preparing healthy meals and snacks
- j. Accepting body size differences
- k. Food safety & proper sanitation
- l. Importance of water consumption
- m. Social influences on healthy eating, including media, family, peers, and culture
- n. How to find valid information or services related to nutrition and dietary behavior
- o. How to take steps to achieve the personal goal to eat healthfully
- p. Resisting peer pressure related to unhealthy dietary behavior
- q. Influencing, supporting, or advocating for others' healthy dietary behavior

STUDENT WELLNESS (continued)

2. Nutrition Promotion

Students will receive positive, motivating messages, both verbal and non-verbal, about healthy eating and being physically active throughout the school setting via nutrition curricula, online tools, special events featuring healthy foods and beverages, and by promoting healthy habits at all school functions. All school personnel will be encouraged to reinforce healthy messages. The County Superintendent or designee will encourage staff to serve as positive role models for healthy eating and physical activity behaviors. He/she will promote worksite wellness programs and may provide opportunities for regular physical activity among employees.

Students, administrators, staff, and parents will be asked for input and feedback using wellness evaluations with great attention given to their comments. Data, commentary and other findings will be discussed during wellness committee meetings to better address student needs. LACOE and all of its schools will discourage advertising that promotes non-nutritious food choices. The promotion of healthy foods, including fruits, vegetables, and whole grains, will be encouraged. The promotion of physical activity and drinking water will also be encouraged. LACOE will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur by implementing evidence-based healthy food promotion techniques and strategies through the USDA school meal program. LACOE will encourage low-income students and families who may experience additional risk factors for food insecurity to participate in food assistance programs such as CalFresh to promote health and help prevent hunger.

3. Nutrition Standards

a School Meals

- (1) The LACOE school meal program aims to improve the diet and health of LACOE students, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.
- (2) All LACOE schools will participate in the National School Lunch Program to the maximum extent possible.
- (3) All meals will, at a minimum, meet the New Meal Pattern requirements.
- (4) Free, potable water will be available to all students during meal periods.

STUDENT WELLNESS (continued)

- (5) Promote healthy food and beverage choices using the following strategies where applicable:
 - (a) School meals are accessible to all students.
 - (b) All school meals are served in clean and pleasant settings.
 - (c) Menus will be created/reviewed by a Registered Dietitian.
 - (d) Daily fruit and vegetable options are displayed in a location in the line of sight and reach of students.
 - (e) Daily vegetable and fruit options are appealing and attractive to students.
 - (f) All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
 - (g) A reimbursable meal can be created in any service area available to students.
 - (h) Student feedback is used to inform menu development.
 - (i) Menus will be sent directly to participating schools for posting, and nutrient content is available upon request.
 - (j) LACOE child nutrition program will accommodate students with special dietary needs.
 - (k) Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.
 - (l) Students are served lunch at a reasonable and appropriate time of day.
- b. Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every LACOE school site. LACOE will make drinking water available where school meals are served during mealtimes.

STUDENT WELLNESS (continued)

c. Competitive Foods and Beverages

LACOE is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. All foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations where foods and beverages are sold, including, but not limited to: à la carte options in cafeterias, vending machines, school stores, and snack or food carts. Nutrition standards for competitive foods and beverages must, at a minimum, meet the USDA's Smart Snacks in Schools guidelines. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at: <https://www.fns.usda.gov/tn/guide-smart-snacks-school>

d. Celebrations and Rewards

All foods and beverages sold, served, or distributed to students through LACOE's school meal program, student stores, vending machines, fundraisers, special events and/or celebrations, or other venues will meet or exceed local, state, and federal nutrition standards. These standards will apply to foods and beverages provided during both the regular school day and the extended school day, as well as during before- and after-school programs taking place on school grounds. The only foods that can be sold to students during the school day outside the school meal program are foods and beverages that meet California Smart Snack in Schools nutrition standards. LACOE will aim to exceed the federal and state nutrition standards by prohibiting the sale of electrolyte beverages (also known as sports drinks) on school campus during the school day at all grade levels. LACOE will encourage that all foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards. LACOE will support and encourage Smart Snacks in School Nutrition standards by, upon request, providing:

- (1) A list of foods and beverages that meet the Smart Snacks nutrition standards.
- (2) Staff with a list of alternative ways to rewards and incentivize students, discouraging foods and beverages as rewards, or withhold food as punishment for any reason, such as for performance or behavior.

STUDENT WELLNESS (continued)

e. Fundraising

Schools, during the school day, will only use non-food and/or healthy food fundraisers that encourage and promote health and well-being. Foods and beverages that meet or exceed the USDA Smart Snacks in School nutrition standards may be sold through fundraisers on the school campus beginning from one-half hour before the start of school to one-half hour after the end of the school day. Adults will not be allowed to sell food items to pupils on campus one-half hour before and after school time (Education Code 49431m Title 5, 15500). Food fundraisers cannot be conducted during school meal periods. All fundraisers held on campus must be approved by the school's principal and LACOE's School Food Authority.

f. Food and Beverage Marketing in Schools

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. All products marketed on the school campus must, at a minimum, meet the Smart Snacks guidelines.

Physical Activity

For students to receive the nationally recommended amount of daily physical activity, students need opportunities for physical activity beyond physical education class. It is recommended for students to engage in at least 60 minutes of physical activity every day, including physical activity before, during, and after school. All students capable of movement will have opportunities, support, and encouragement to be physically active on a regular basis. All students will be provided equal opportunity to participate in physical education classes. LACOE will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes as necessary. Physical activity during the school day (including but not limited to recess, classroom physical activity breaks, or physical education) will not be withheld as punishment for any reason. To the extent practicable, LACOE will ensure that its grounds and facilities are safe and that equipment is available to students to be active.

STUDENT WELLNESS (continued)**Other School-Based Activities:**

LACOE will use evidence-based approaches such as Positive Behavior Interventions and Supports (PBIS) and Trauma-Informed Care to promote student wellness and prioritize social and emotional wellness to improve student outcomes. LACOE will operationalize and integrate social-emotional learning in all schools, using grade-level appropriate methods. This integration with academic learning will help students cultivate social and emotional strategies and skills such as self-management, persistence, empathy, and good decision-making. LACOE will provide professional trainings on trauma-informed care with emphasis on identifying and reducing school triggers for students impacted by trauma, including food insecurity.

Local School Wellness Policy Implementation, Monitoring, Evaluation and Accountability

1. LACOE's Plan for Implementation of the LSWP

School-Level Assessment the most recent Centers for Disease Control and Prevention (CDC) School Health Index (SHI) Self-Assessment and Planning Guide. The SHI is an implementation planning tool used to improve the Wellness Policies. SHI has two activities completed by the evaluator:

- a. Self-Assessment Process - identifying and assessing the extent to which LACOE implements the types of policies and practices outlined in the LSWP, compared with policies recommended by CDC in its guidelines for school health programs.
- b. Planning for Improvement Process and Progress Report - identifying recommended actions LACOE can take to improve its performance in areas that received low scores and generating an annual LSWP progress report. The progress report delineates actions and timelines and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness.

STUDENT WELLNESS (continued)

2. Triennial Progress Assessments of the LSWP

At least once every three years, LACOE will conduct an assessment of LSWP using the Wellness School Assessment Tool (WellSAT). LACOE will evaluate compliance and assess progress toward meeting the goals of LSWP. The WellSAT assesses the strength and comprehensiveness of LACOE's LSWP and make improvements as needed using appropriate LSWP resources. LACOE Wellness Lead will be responsible for this assessment. LACOE wellness leads will use the CDC School Health Index to assess each school's compliance with the LACOE LSWP. LACOE wellness policies will be compared to model wellness policies, such as the Alliance for a Healthier Generation, to ensure compliance with USDA guidelines.

3. Revisions and Updating the LSWP

LACOE will assess, and update or modify the LSWP as indicated at least every three years, following the triennial assessment. The LACOE wellness committee will review and modify the LSWP based on the results of the annual SHI and triennials assessments, or as LACOE wellness goals and priorities change, new health science emerges, and new federal, state, or local guidance or standards are issued.

4. Notification of the LSWP, Updates, and Triennial Assessment

LACOE will inform families and the public each year of any updates to the LSWP and every three years provide updates regarding compliance with the written LSWP. LACOE is committed to being responsive to community input, which begins with awareness of the LSWP. Annually, LACOE will actively inform students and families of basic information about this policy, including its content, any updates to the policy and implementation status as well as information on how the public and stakeholders can get involved with the school wellness committee.

- a. Sending LSWP information and updates to students and families
- b. Providing status updates during staff meetings and trainings
- c. Making LSWP information and updates available on the LACOE website

LACOE will retain records to document compliance with the requirements of the LSWP at www.lacoe.edu.

STUDENT WELLNESS (continued)

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33350-33354 CDE responsibilities re: physical education
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COURT DECISIONS

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

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