

# **Lynwood Unified School District Wellness Policy**



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**2017 – 2018**

## **Background on the Local School Wellness Policy**

Obesity rates have doubled among children and tripled among adolescents over the last three decades, with physical inactivity and excessive calorie intake as the predominant causes of obesity among school-aged children. Obesity can lead to other health conditions including but not limited to: diabetes (Types I and II), sleep apnea, hypertension, cardiovascular disease, premature death, respiratory difficulties, depression, stroke, and certain types of cancer.

Overweight children and adolescents are more likely to remain overweight or become obese adults and develop chronic disease. Therefore, it is important to provide students with access to healthful foods, nutrition education, and opportunities to be physically active as they enter school in order to grow, learn, and thrive. Research studies continuously show the link between healthy nutrition choices and regular physical activity with higher test scores, fewer behavioral problems, improved concentration levels, fewer errors in the area of problem-solving, and fewer absenteeism.

In response to the growing childhood obesity epidemic, the *Health Framework for California's Public Schools* and the Centers for Disease Control and Prevention (CDC) call for an integrated and collaborative approach for creating school wellness policies that focus on the following areas: health education, physical education, nutrition services, health services, a safe and healthy school environment, parent and community involvement, and the health promotion for staff.

Each school year a plan for measuring implementation of the wellness policy occurs, including designation of one or more persons at the district-level and at each school charged with the responsibility for ensuring that the school is in compliance through appropriate measures for public awareness and input, transparency, and evaluation.

The Superintendent or designee(s) will appoint a school health committee consisting of, but not limited to, students, parents, teachers, nutrition service professionals, school health professionals, members of the Board of Education, school administrators, physical education teachers, food service professionals, school nurses, community health professionals and other interested community members who are responsible for developing, implementing, monitoring, and reviewing District-wide nutrition, health, wellness and physical activity policies. All stakeholders will be involved with implementation and periodic review and updating of policies to ensure each school's compliance with the policy.

## **Introduction to the Lynwood Unified School District Wellness Policy**

The *Local School Wellness Policy* (LSWP) was adopted by the LUSD Board in 2007. The overarching goal of the Wellness Policy Committee is to promote health and wellness, and to convey positive, consistent messages to all District students in accordance with current law.

Lynwood Unified School District (LUSD) believes schools play a critical role in helping students establish lifelong, healthy behaviors. LUSD is committed to providing school environments that promote and protect students' health and safety and capacity to learn. Therefore, it is the intent of LUSD that:

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- All students Kindergarten through 12th grade (K-12) shall have opportunities, support, and encouragement to be physically active on a regular basis.
- All foods and beverages sold or served at school starting at midnight and up to one half hour after the school day (including LUSD sponsored after-school programs) shall meet the state and federal nutrition regulations, including the *U.S. Dietary Guidelines for Americans, USDA Final Rule for “Nutrition Standards in the National School Lunch and School Breakfast Programs” (SP 10-2012-V.8), SB 12, SB 19, SB 965, & Ed. Code 49431)*
- Qualified child nutrition professionals shall provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and school sites will provide a clean, safe, and pleasant setting in which to enjoy the meals, including adequate time and seating for all students to eat.
- All schools in the District shall participate in available federal school meal programs to the maximum extent possible.
- Schools shall provide an environment that includes school facilities which support physical education/activity, nutrition education programs, and a safe environment. Schools shall also provide an environment that reinforces classroom instruction, adequate and sheltered space for cafeteria and eating, and shared use agreements.
- Schools shall provide information and updates to the public (including parents, students, and others in the Lynwood community), while gathering input about the content and implementation of the Local School Wellness Policy (HHFKA 2010 Act).

*Note, this policy frequently uses the word ‘schools’ which includes the following: school grounds, school students and staff, the school community, or all of the above. The District recognizes that staff plays a vital role in promoting a healthy learning environment and, therefore, expects staff to share responsibility for the implementation of this policy by modeling healthy behaviors.*

### **Family Involvement in School Wellness**

The Superintendent or designee(s) shall build a coordinated school health system that supports and reinforces health literacy through health education, physical education and activity, health services, nutrition services, health promotion for staff, a safe and healthy school environment, and parent/guardian and community involvement.

The school district will encourage health messages between the home and school in order to model healthy eating behaviors. The district will promote physical activity and a healthy lifestyle for students by reinforcing physical education in the schools and at home. School district will 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 web sites, healthy city initiatives and other communications. Outreach between the city, school district, and parents/guardians/community shall emphasize the relationship between student health and academic performance. Families will also participate in school health advisory councils both at their respective sites and at the district level.

Parents can enhance the implementation of the School Wellness Policy by doing the following:

- Learning about the LSWP and the laws addressing foods and beverages sold in schools.
- Serving on their site's wellness committee.

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- Talking with the principals, foodservice director, associated student body director, and teachers of find out how nutrition standards and LSWPs are monitored.

### **Community Involvement in School Wellness**

The following initiatives are currently being implemented in the Lynwood Community:

**1. Safe and Healthy Parks Resolution (adopted February 2016)**

The City of Lynwood, in partnership with St. Francis Medical, LA County Department of Public Health, the California Center for Public Health Advocacy, and the American Heart Association, adopted the Lynwood Safe and Healthy Parks Resolution. The resolution sets policy goals for three areas related to health and wellness: smoke-free parks and open spaces, physical activity opportunities, and healthier vending machine options. The resolution also includes policy goals related to park safety and maintenance.

**2. Bicycle and Pedestrian Master Plan**

Bicycle and pedestrian master plans are tools the city can use to make it safer for students to get to school walking, biking, and skateboarding. The City is in the process of implementing and installing bike lanes throughout the City as well.

**3. Ongoing Recreation programs and classes**

Programs include: all major sports leagues for youth, children with special needs and adults; modern and cultural dance, martial arts/self-defense, fitness classes for youth, adults and seniors; physical activity classes/competitions; special interest/skills classes, and health fairs and workshops.

**4. Burning Calories and Crime (BCC) Walking Group**

BCC first began at Helen Keller Elementary due to the human trafficking problem around campus. It has now expanded to other LUSD elementary schools and one middle school. The purpose of BCC is to allow parents to monitor the safety of the campus both at the start of the school day and/or afterschool, while also engaging in daily physical activity. Benefits of the program include the following: parents are able to set an example for the students that daily physical activity is an important part of creating a healthy lifestyle, parents are able to gain leadership skills at their respective sites, parents are able to exercise in a group setting, and sites are safer for students and staff. Currently, there are 20-40 parents participating in this program at each of the BCC campuses. BCC has received full support from the School Board, including the supply of yellow vests and t-shirts for safety and identification purposes.

**5. Urban Land Institute (beginning 2016)**

The City of Lynwood has partnered with the Urban Land Institute to create a community Connectivity Plan to enhance multi-modal connections between the Lara Linear Park, the LA River, the Green Line station, SFMC, LUSD schools and City Hall. Largely based on community feedback and participation, the final document will be used to show that the Lynwood community is serious about its transportation needs and creating a healthy community. The final development report will be used to pursue funding opportunities at the County, State and Federal levels.

## **Implementation, Evaluation, & Monitoring of School Wellness Policies**

The Superintendent shall designate one or more site officials at each school site to ensure that all sites comply with the Local Wellness Policy. Annual training on this policy will be provided by the Superintendent or designee. Schools are to utilize this policy to develop their own internal procedures to ensure compliance with the LUSD Wellness Policy. The Superintendent or designee shall assess the implementation and effectiveness of this policy every year.

- ***District Level*** The District Wellness Committee shall consist of stakeholder representatives, including: parents/guardians, students, school administrators, representatives of the Board, foodservice director, and members of the public. The council or committee may also include district administrators, health professionals, school nurses, health educators, physical education teachers, counselors, and/or others interested in school health issues.
- ***School Level*** The School Site Wellness Committee shall consist of at least seven members from the following groups: teachers, parents, student representatives, school health personnel or nurse, school cafeteria staff, community members, etc. This committee shall be led by a school administrator or designee.

### **PROGRAM IMPLEMENTATION, MONITORING, & EVALUATION**

To ensure successful implementation of the LUSD wellness policy, information, training resources, and evaluation tool will be available at the Child Nutrition Services website. The *School Wellness Evaluation Form* (Appendix A) will be completed annually (October 28, 2017) by the site councils and submitted to the nutrition services director. This form will include quality indicators that will be used to measure the implementation of the policy district-wide and at each district school.

The Principal shall be responsible for implementing, monitoring, and ensuring compliance of district policies at his/her own site and disseminating pertinent information to students, parents, teachers and school site personnel.

The District Wellness Committee will compile an annual summary report from the collective results of the *School Wellness Evaluation Forms* to determine if the district is meeting the wellness goals set forth in the LUSD wellness policy and to determine areas of strengths and weaknesses. The summary report will be submitted for board and public review and a corrective action plan, if any, shall be followed up and properly monitored.

This wellness policy shall be continuously monitored, evaluated, and revised based on legislation and district needs for at least every two years. Consequently, any board policies in conflict with this wellness policy shall no longer be valid.

## **Nutrition Education and Promotion**

### **NUTRITION EDUCATION**

Nutrition education shall be provided as part of a sequential health education program in grades K-12 and, as appropriate, shall be integrated into other academic subjects in the regular educational program. The school's nutrition education program shall utilize evidence-based

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resources and curricula to remain consistent with the expectations established in the curriculum frameworks and content standards of the California State Department of Education. Nutrition education may be offered through before- and after-school programs. Instructional staff is encouraged to integrate nutritional themes into daily lessons when appropriate. Nutrition education should build the skills and knowledge that all students need to maintain a healthy lifestyle. Nutritional themes include but are not limited to:

- The relationship between healthy eating, personal health, and disease prevention
  - Food guidance from *MyPlate*
  - Reading and using food labels
  - How to calculate serving sizes of foods and beverages
  - Eating a variety of foods every day
  - Balancing food intake and physical activity
  - Eating more fruits, vegetables and whole grain products
  - Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans-fat
  - Choosing foods and beverages with little to no added sugars
  - Eating more calcium-rich foods
  - Preparing healthy meals and snacks
  - Risks of unhealthy weight control practices
  - Accepting body size differences
  - Food safety & proper sanitation
  - Importance of water consumption
  - Importance of eating breakfast
  - Making healthy choices when eating at restaurants
  - Social influences on healthy eating, including media, family, peers, and culture
  - How to find valid information or services related to nutrition and dietary behavior
  - How to take steps to achieve the personal goal to eat healthfully
  - Resisting peer pressure related to unhealthy dietary behavior
  - Influencing, supporting, or advocating for others' healthy dietary behavior
- Teachers K-12<sup>th</sup> are encouraged to integrate evidence-based nutrition concepts into academic subjects including: math, science, social studies, and language arts, where applicable.
  - Nutrition education shall be done in an interactive, culturally diverse and developmentally appropriate manner that results in knowledge and skills acquisition of healthy eating behaviors for life.
  - Professional development opportunities may be offered to teachers K-12<sup>th</sup> in order for educators to promote healthy eating and increased physical activity behaviors in their classes. Topics may include but are not limited to: *MyPlate*, healthy celebrations in the classroom, Smart Snack Guidelines, cooking in the classroom, physical activity in the classroom, health and fitness connections to common core, healthy fundraising, gardening, *Rethink your Drink*, and utilizing evidence-based online and print nutrition resources.
  - Nutrition education resources will be available to teachers K-12<sup>th</sup> in order to support classroom instruction related to nutrition education and all other areas of health education. Resources may include but are not limited to:
    - Harvest of the Month student workbooks
    - Dairy Council of California nutrition curriculum
    - USDA Team Nutrition materials
    - PowerPlay
    - Rethink your Drink

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- Teachers K-12<sup>th</sup> and other staff shall be encouraged to model healthy eating behaviors.
- Students shall receive consistent nutrition education messages across the district, so that they are prepared to serve as healthy lifestyle advocates for their home, school, and communities.
- Nutrition education shall be offered in the school cafeteria and in the classroom with coordination among school nutrition services staff, health staff, and teachers through the use of posters, videos, websites, etc. Education may include activities such as contests, promotions, taste testing, and farm visits.
- District schools are encouraged to participate in the USDA “Team Nutrition” program and conduct nutrition education activities and promotions that involve students, parents, and the community.

### **FAMILY AND COMMUNITY INVOLVEMENT: NUTRITION EDUCATION**

- Nutrition education shall be provided to parents beginning at the elementary level and continuing throughout the middle and high school levels. Nutrition education may be provided in the form of handouts, postings on district/school websites, and/or presentations.
- Opportunities to share nutrition education with family members will be available at schoolwide events such as: open-houses, back-to-school nights, fairs, fundraisers, sporting events, celebrations of the arts, etc.
- Parent nutrition education classes will be offered to parents whose children are enrolled in Lynwood Unified School District. Topics may include, but are not limited to: *MyPlate*, meal planning, eating on a budget, food and beverage label reading, healthy celebrations, etc.
- Additionally, community partners, such as Parks & Recreation, and health care partners, such as St. Francis Medical Center, may offer parent classes on topics such as diabetes and stroke in conjunction with anthropometric measurements and other health screenings.
- Nutrition messages from all parent nutrition classes will reflect the culture of the community served.
- Principals, teaching staff, instructional leads, community liaisons, instructional services staff, technological services, afterschool coordinators, and all other designated personnel will be responsible for promoting classes to parents on their respective site as well as during PTA, SSC, DAC, and DELAC meetings.
- Instructional Services will be responsible for promoting parent nutrition education classes via teleparent phone calls, flyers, the district/school website, and social media communication.

### **NUTRITION PROMOTION**

- Students shall receive positive, motivating messages, both verbal and non-verbal, about healthy eating and being physically active throughout the school setting via nutrition curricula, events featuring healthy foods and beverages, and promotion of healthy habits at all school functions. All school personnel shall help reinforce these positive messages.
- Students shall be asked for input and feedback through the use of student surveys, and attention shall be given to their comments. Data, commentary, and any other findings will be discussed during Health and Wellness Committee meetings.
- LUSD and all of its schools shall not allow advertising that promotes non-nutritious food choices. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged. The promotion of physical activity and drinking water will also be encouraged.
- LUSD and all its' schools shall help educate the community about a healthy school nutrition environment through local newsletters, district and/or school websites. The Health and

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Wellness Committee shall reference resources and materials that will provide relevant and current information to help educate the community.

- LUSD shall collaborate with governmental and non-governmental agencies such as: Lynwood City officials, hospitals, and businesses that promote a healthy lifestyle in providing educational services and support around areas of nutrition and physical activity to parents, students and staff.

### **HEALTH PROMOTION FOR LUSD STAFF**

- A district-wide health fair will be offered annually to all LUSD employees and retirees. Employees and retirees will be able to enroll and/or make changes to their medical, dental, and vision plans. This event will be promoted via postal mail for those currently enrolled in benefits. Additionally, open enrollment dates will be sent to staff via a district-wide electronic notification. Employees will also have access to other vendors at the health fair who they may be interested in obtaining services from. Vendors will vary year to year, however vendors may include: Schools First, AFLAC, American Fidelity, and Colonial Life.
- All LUSD employees will have free access to various strength training programs at the Lynwood Unified School District Gym/Lynwood School of Strength. Services include:
  - *Small Group Conditioning*: Cardiovascular conditioning class focused on improving overall cardiovascular function, high level performance, and aerobic base. Trainers teach proper execution of fundamental movements and ensure a safe training environment.
  - *Individualized Strength and Conditioning Training*: Goal-oriented training based on fitness level movement capacity and restrictions. Trainers analyze and establish a baseline for staff member's goals and develop a Fitness Program to meet the staff member's needs. Trainers teach proper execution of fundamental movements and ensure a safe training environment.
  - *Kickboxing*: Staff can increase their cardiovascular conditioning by learning the proper kick and punch technique.
  - *Massage Therapy*: Rest and recovery are one of the most important elements of health and wellness. A massage will help staff reduce their stress levels and also allow for the proper execution of exercise and movements.
  - *V02 Max and Metabolism Testing*: V02 testing provides staff with a precise heart rate to maintain during cardio exercise in order to maximize weight loss or gain. The recorded information is then used to calculate individual target intensity zones, which provide staff with the specific heart rate range to maintain during different levels of exercise intensity. Resting metabolic testing provides staff with the exact caloric intake needed to achieve weight management and athletic performance goals. The results establish a caloric zone or a specific number of calories to consume to achieve weight management goals.
  - *Individual and Group Weight Loss Challenges*: Include weekly weigh-ins and cash prizes for both individual and group winners with the most weight percentage lost.
- The LUSD Gym/Lynwood School of Strength will be promoted via flyers in staff mailboxes at school sites.
- Family members of district staff as well as Lynwood community members also have access to the fitness training services offered at the district gym for a nominal fee.
- Vending machines in staff lounges will offer foods and beverages that meet the *Smart Snack Guidelines* (pages 12-14).
- District staff can access the following information on the Child Nutrition Services webpage on the district website:

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- The importance of modeling healthy eating behaviors in front of students
- The importance of engaging in physical activities with students
- The importance of not bringing or consuming unhealthy foods and beverages in front of students, in classrooms, or areas common to both staff and students
- Examples of healthy foods and beverages to bring in or consume during the regular or extended school day
- Strategies on how to incorporate physical activity into classrooms
- Ideas for use of non-food items, activities, and opportunities for physical activity to recognize students for their achievements or good behavior

### Nutrition Standards for School Meals

All schools in the District will participate in available federal school meal programs including the National School Lunch Program (NSLP), School Breakfast Program (SBP), After-school Snack Program (ASP), and Summer Food Service Program (SFSP). All schools with a preschool will continue participating in NSLP, SBP or the Child and Adult Care Food Program (CACFP).

Only food or beverages that meet the minimal nutritional values, as defined by the Food and Nutrition Service of the USDA and the California State Department of Education may be sold or served in the school during school hours. Foods sold or served as part of the school meal program shall meet or exceed all federal, state and local laws, standards and requirements and are in accordance with the most current Dietary Guidelines for Americans.

The following meal pattern for SY 2017-18 NSLP and NSBP reflects the most current dietary science behind the school meal nutrition standards as outlined by Public Law 111-296:

Meal pattern	Breakfast Meal Pattern			Lunch Meal Pattern		
	Grades K-5 <sup>a</sup>	Grades 6-8 <sup>a</sup>	Grades 9-12 <sup>a</sup>	Grades K-5	Grades 6-8	Grades 9-12
<b>Amount of food<sup>b</sup> per week (minimum per day)</b>						
Fruits (cups) <sup>cd</sup> .....	5 (1) <sup>e</sup>	5 (1) <sup>e</sup>	5(1) <sup>e</sup>	2 ½ ( ½ )	2 ½ ( ½ )	5 (1)
Vegetables (cups) <sup>cd</sup> .....	0	0	0	3 ¾ ( ¾ )	3 ¾ ( ¾ )	5 (1)
Dark green <sup>f</sup> .....	0	0	0	½	½	½
Red/Orange <sup>f</sup> .....	0	0	0	¾	¾	1 ¼
Beans/Peas (Legumes) <sup>f</sup> .....	0	0	0	½	½	½
Starchy <sup>f</sup> .....	0	0	0	½	½	½
Other <sup>fg</sup> .....	0	0	0	½	½	¾
Additional Veg to Reach Total <sup>h</sup> .....	0	0	0	1	1	1 ½
Grains (oz eq) <sup>i</sup> .....	7-10 (1) <sup>j</sup>	8-10 (1) <sup>j</sup>	9-10(1) <sup>j</sup>	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq) .....	0 <sup>k</sup>	0 <sup>k</sup>	0 <sup>k</sup>	8-10 (1)	9-10 (1)	10-12 (2)
Fluid milk (cups) <sup>l</sup> .....	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)

#### Other Specifications: Daily Amount Based on the Average for a 5-Day Week

Min-max calories (kcal) <sup>mno</sup> .....	350-500	400-550	450-600	550-650	600-700	750-850
Saturated fat % of total calories) <sup>no</sup>	< 10	< 10	< 10	< 10	< 10	< 10
Sodium (mg) <sup>np</sup>	≤430	≤470	≤500	≤640	≤710	≤740
Transfat <sup>no</sup>	Nutrition label or manufacturer specifications must indicate zero grams of <i>trans</i> fat per serving.					

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- a. In the SBP, the above age-grade groups are required beginning July 1, 2013 (SY 2013–14).
- b. Food items included in each food group and subgroup and amount equivalents. Minimum creditable serving is  $\frac{1}{8}$  cup.
- c. One quarter-cup of dried fruit counts as  $\frac{1}{2}$  cup of fruit; 1 cup of leafy greens counts as  $\frac{1}{2}$  cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.
- d. For breakfast, vegetables may be substituted for fruits, but the first two cups per week of any such substitution must be from the dark green, red/orange, beans and peas (legumes) or “Other vegetables” subgroups as defined in § 210.10(c)(2)(iii).
- e. The fruit quantity requirement for the SBP (5 cups/week and a minimum of 1 cup/day) is effective July 1, 2014 (SY 2014–2015).
- f. Larger amounts of these vegetables may be served.
- g. This category consists of “Other vegetables” as defined in § 210.10(c)(2)(iii)(E). For the purposes of the NSLP, “Other vegetables” requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups as defined in § 210.10(c)(2)(iii).
- h. Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.
- i. All grains must be whole grain-rich in both the NSLP and the SBP beginning July 1, 2014 (SY 2014–15).
- j. In the SBP, the grain ranges must be offered beginning July 1, 2013 (SY 2013–2014).
- k. There is no separate meat/meat alternate component in the SBP. Beginning July 1, 2013 (SY 2013–2014), schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum daily grains requirement is met.
- l. Fluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).
- m. The average daily amount of calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).
- n. Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, *trans* fat, and sodium. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent milk fat are not allowed.
- o. In the SBP, calories and *trans* fat specifications take effect beginning July 1, 2013 (SY 2013–2014).
- p. Final sodium specifications are to be reached by SY 2022–2023 or July 1, 2022. Intermediate sodium specifications are established for SY 2014-2015 and 2017-2018. See required intermediate specifications in § 210.10(f)(3) for lunches and § 220.8(f)(3) for breakfasts.

### ***Meals served through the child nutrition program shall:***

- Be accessible to all students
- Be appealing and attractive to children of various ages and diverse backgrounds
- Be served in clean and pleasant settings
- Ensure that sliced or cut fruit is available daily
- Offer fresh fruits and vegetables daily in each meal, with a variety of choices that, when practical, should be from local sources. To the extent possible, schools will offer at least two non-fried vegetable and two fruit options each day and will offer five different fruits and five different vegetables over the course of a week
- Include only low-fat (one percent) and fat-free milk and nutritionally equivalent non-dairy alternatives
- Contain whole grains in at least half of the grains served
- Prohibit the use of deep frying as a method for preparing foods
- Limit trans-fatty acids to less than 0.5 mg
- Use whole, fresh, unprocessed foods, fruits, vegetables, and ingredients whenever possible.
- Honor special dietary requests’ of students with valid physician’s instructions. Students will be discouraged from sharing food and beverages, given concerns about allergies and special diets
- Meet the Public Health Department’s standard in regards to storage, preparation and serving

Menus will be distributed annually to parents and will also be posted on the LUSD Child Nutrition Services website. Additionally, nutritional information for all of the items served can be accessed on the LUSD Child Nutrition Services website. Students and parents will be encouraged to improve the menu through taste testing, Menu Revision Committee meetings,

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and surveys. Students, staff and parents will be encouraged to provide input to menu planning, taking into account cultural and ethnic preferences.

In order to expand participation in the federal meal programs while complying with legal requirements, schools will do everything possible to ensure that low-income students are not stigmatized or otherwise treated differently because they avail themselves of free and reduced price meals and snacks. Schools with 80 percent or more students eligible for free and reduced priced meals will be encouraged to implement Provision 2 alternative meal claiming program.

### ***Breakfast***

- Schools will encourage participation by implementing, wherever feasible, classroom breakfast, grab-and-go, second chance breakfast, breakfast on the bus, breakfast during morning break or recess, and other options
- Schools will, to the extent possible, arrange bus and bell schedules and take other appropriate steps to encourage participation. Students will have at least 10 minutes to eat after sitting down
- Schools will promote the importance of healthy breakfast and the SBP to students and families.

### ***Lunch***

- A minimum 20-minute uninterrupted lunch period shall be scheduled to allow students to eat, relax, and socialize
- The healthiest lunch choices, such as salads and fresh fruit, will be prominently displayed in cafeterias to attract students
- Lunch will be served at appropriate intervals from other meals
- Students will be allowed to eat when engaged in scheduled mealtime activities
- In elementary schools, lunch will be scheduled after recess so that children will come to lunch less distracted and ready to eat

### ***Afterschool Snack Program***

- After school snack programs will incorporate, or develop a plan to incorporate, fresh fruit and whole grain snacks daily

### ***Summer Food Service Program***

- Schools with 50 percent or more students eligible for free and reduced price meals will sponsor the Summer Food Service Program or the Seamless Summer Waiver Option. If the school does not participate in these programs, then they should assure that some other neighborhood agency sponsors SFSP during summer school
- After summer school, schools will refer children to other SFSP sites until school resumes

## **DRINKING WATER**

To promote proper hydration, free, safe, unflavored drinking water will be available to all students throughout the school day on every school campus. The District will make drinking water available where school meals are served during mealtimes. In addition, students will be allowed to bring and carry approved water bottles filled with only water throughout the day.

## **STAFF QUALIFICATIONS & PROFESSIONAL DEVELOPMENT**

The school district shall provide continuing professional development for all school nutrition professionals, per federal mandates. Staff development shall include training and/or certification

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for food service personnel at their various levels of responsibility. All school nutrition program directors, managers, and staff will be properly qualified according to current USDA professional standards and participate in regular professional development activities.

### **PLEASANT EATING EXPERIENCES**

- School staff shall assist all students in developing the healthy practice of sanitizing hands before entering the serving and eating areas. Hand washing facilities will be available for students and staff use prior to the school lunch period.
- School staff shall schedule enough time for meals so that students are not spending too much time waiting in line.
- School staff shall encourage socializing among students, and between students and adults during mealtimes.
- Staff shall properly supervise cafeterias and serve as role models to students by demonstrating proper conduct and voice level.

### **Competitive Foods & Beverages: *Smart Snacks in School* Standards**

As of July 1, 2014, the USDA issued new *Smart Snacks in School* nutrition standards for competitive foods and beverages sold outside of the federal reimbursable school meals program during the school day. These standards, required under the Healthy, Hunger-Free Kids Act of 2010, set limits on calories, salt, sugar, and fat in foods and beverages and promotes snack foods that have whole grains, low fat dairy, fruits, vegetables or protein foods as their main ingredients. The *Smart Snacks in School* standards: apply to all foods and beverages sold to students including vending machines, a la carte, school stores, snack carts and fundraising. They apply to the entire campus as well as the entire school day, which is defined as the midnight before to 30 minutes after the end of the school day (includes afterschool programs). These standards have since been updated and the changes went into effect July 1, 2016.

Under *Smart Snacks in schools*, individual food items and beverages sold or served outside the federal reimbursable meal programs must meet local, state, and federal requirements. Sold or served refers to any foods or beverages provided to students on school grounds for a cost or free-of-charge. It does not refer to foods brought from home for individual consumption.

According to the *Smart Snacks in School* standards, if a school campus contains a mixture of either elementary and middle school or middle school and high school, then the campus must comply with the lower grade span. For example, if a middle school and high school are in the same building, and all students have access to all venues in the school, the items (food and beverages) available for sale to the students must meet the middle school standards. If, in the above situation, the middle school students do not have access to the high school area, separate middle school and high school beverage standards may be implemented by the school. The standards, along with grade span definitions, are as follows:

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### Elementary Schools (Kindergarten – 6<sup>th</sup> Grades)

#### FOOD RESTRICTIONS

References: *Education Code* sections 49430, 49431, 49431.7; *California Code of Regulations* sections 15575, 15577, 15578; *Code of Federal Regulations* sections 210.11, 220.12

An **elementary school** contains no grade higher than grade 6.  
**Effective** from midnight to one-half hour after school.  
**Applies to ALL** foods sold to students by any entity.  
**Sold** means the exchange of food for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

#### **Compliant foods:**

1. MUST meet the following:
  - a. ≤ 35% calories from fat (except nuts, nut butters, seeds, reduced-fat cheese, dried fruit+nut/seed combo with no added fat/sugar, fruit, non-fried veggies), **and**
  - b. < 10% calories from saturated fat (except reduced-fat cheese, dried fruit+nut/seed combo with no added fat/sugar), **and**
  - c. ≤ 35% sugar by weight (except fruit\*, non-fried veggies, dried fruit+nut/seed combo with no added fat/sugar), **and**
  - d. < 0.5 grams trans-fat per serving (no exceptions), **and**
  - e. ≤ 200 milligrams sodium (no exceptions), **and**
  - f. ≤ 175 calories per item/container (no exceptions)

#### **AND must meet ONE of the following:**

- a. Fruit
- b. Non-fried vegetable
- c. Dairy food
- d. Nuts, Seeds, Legumes, Eggs, Cheese (allowable protein foods)
- e. Whole grain item\*\*

If exempt food(s) combine with nonexempt food(s) or added fat/sugar they must meet ALL nutrient standards above.

\* Dried blueberries cranberries, cherries, tropical fruit, chopped dates or figs that contain added sugar are exempt from fat and sugar standards.  
 Canned fruit in 100% juice only.

\*\* A whole grain item contains:

- a. The statement “Diets rich in whole grain foods... and low in total fat... may help reduce the risk of heart disease...,” **or**
- b. A whole grain as the first ingredient, **or**
- c. A combination of whole grain ingredients comprising at least 51% of the total grain weight (manufacturer must verify), **or**
- d. At least 51% whole grain by weight.

**Non-compliant foods may be sold from one-half hour after school through midnight.**

**\*Effective July 1, 2016**

#### BEVERAGE RESTRICTIONS

References: *Education Code* Section 49431.5, *California Code of Regulations* Section 15576, *Code of Federal Regulations* sections 210.10, 210.11, 220.8, 220.12

**A compliant beverage must be marketed or labeled as a fruit and/or vegetable juice, milk, non-dairy milk, or water AND meet all criteria under that specific category.**

#### **Compliant beverages:**

1. Fruit or Vegetable juice:
  - a. ≥ 50% juice **and**
  - b. No added sweeteners
  - c. ≤ 8 fl. oz. serving size
2. Milk:
  - a. Cow’s or goat’s milk, **and**
  - b. 1% (unflavored), nonfat (flavored, unflavored), **and**
  - c. Contains Vitamins A & D, **and**
  - d. ≥ 25% of the calcium Daily Value per 8 fl. oz., **and**
  - e. ≤ 28 grams of total sugar per 8 fl. oz.
  - f. ≤ 8 fl. oz. serving size
3. Non-dairy milk:
  - a. Nutritionally equivalent to milk (see 7 *CFR* 210.10(d)(3), 220.8(i)(3)), must contain per 8 fl. oz.:
    - ≥ 276 mg calcium
    - ≥ 8 g protein
    - ≥ 500 IU Vit A
    - ≥ 100 IU Vit D
    - ≥ 24 mg magnesium
    - ≥ 222 mg phosphorus
    - ≥ 349 mg potassium
    - ≥ 0.44 mg riboflavin
    - ≥ 1.1 mcg Vit B12, **and**
  - b. ≤ 28 grams of total sugar per 8 fl. oz., **and**
  - c. ≤ 5 grams fat per 8 fl. oz.
  - d. ≤ 8 fl. oz. serving size
4. Water:
  - a. No added sweeteners
  - b. No serving size

**Non-compliant beverages may be sold from one-half hour after school through midnight.**

#### STUDENT ORGANIZATIONS

Reference: *California Code of Regulations* Section 15500

**Effective** from midnight to one-half hour after school.  
**Applies** to food and beverage sales by student organizations.

Student organization sales must meet **all** of the following:

1. Only **one food or beverage item** per sale.
2. The food or beverage item must be **pre-approved** by the **governing board** of the school district.
3. The sale must occur **after the lunch period** has ended.
4. The food or beverage item **cannot be prepared on campus**.
5. Each school is allowed **four sales** per year.
  - The food or beverage item cannot be the same item **sold in the food service program** at that school during the same school day.

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### Middle, Junior High, and High Schools (Grades 7 - 12)

#### FOOD RESTRICTIONS

References: *Education Code* sections 49430, 49431.2, 49431.7, *California Code of Regulations* sections 15575, 15577, 15578, *Code of Federal Regulations* sections 210.11, 220.12

A **middle/junior high** contains grades 7 or 8, 7 to 9, 7 to 10.

A **high school** contains any of grades 10 to 12.

**Effective** from midnight to one-half hour after school.

**Applies** to ALL foods sold to students by any entity.

**Sold** means the exchange of food for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

#### Compliant foods:

1. **“Snack”** food items must be:
  - a. ≤ 35% calories from fat (except nuts, nut butters, seeds, reduced-fat cheese, dried fruit+nut/seed combo), **and**
  - b. < 10% calories from saturated fat (except reduced-fat cheese, dried fruit+nut/seed combo), **and**
  - c. ≤ 35% sugar by weight (except fruit\*, non-fried veggies, dried fruit+nut/seed combo), **and**
  - d. < 0.5 grams trans fat per serving (no exceptions), **and**
  - e. ≤ 200 milligrams sodium (no exceptions), **and**
  - f. ≤ 200 calories per item/container (no exceptions)

#### AND must meet one of the following:

- g. Be a fruit, vegetable, dairy food, protein, or whole grain\*\* rich item **or**
- h. Any food with fruit, vegetable, dairy, protein, or whole grain\*\* listed as the first ingredient **or**
- i. Combination foods, with at least two food groups that contain at least ½ cup fruit and/or vegetable

#### 2. **“Entrée”** food items must be:

- j. Meat/meat alternate and whole grain rich food; **or**
- k. Meat/meat alternate and fruit or non-fried vegetable; **or**
- l. Meat/meat alternate alone (cannot be yogurt, cheese, nuts, seeds, or meat snacks = these are considered a “snack”),

An individual entrée sold by District/School Food Service the day of or day after it appears on the reimbursable meal program menu must be:

- m. ≤ 400 calories, **and**
- n. ≤ 4 grams of fat per 100 calories
- o. < 0.5 grams trans fat per serving

An entrée sold by Food Service not on the menu the day of or day after or any other entity (PTA, student organization, etc.) must be:

- p. ≤ 35% calories from fat, **and**
- q. < 10% calories from saturated fat, **and**
- r. ≤ 35% sugar by weight, **and**
- s. < 0.5 grams trans fat per serving, **and**
- t. ≤ 480 milligrams sodium, **and**
- u. ≤ 350 calories

#### AND must meet one of the following

- a. Be a fruit, vegetable, dairy food, protein, or whole grain\*\* rich item **or**
- b. Any food with fruit, vegetable, dairy, protein, or whole grain\*\* listed as the first ingredient **or**
- c. Combination foods, with at least two food groups that contain at least ½ cup fruit and/or vegetable

If exempt food(s) combine with nonexempt food(s) or added fat/sugar they

#### BEVERAGE RESTRICTIONS

References: *Education Code* Section 49431.5, *California Code of Regulations* Section 15576, *Code of Federal Regulations* sections 210.10, 210.11, 220.8, 220.12

A **middle/junior high** contains grades 7 or 8, 7 to 9, 7 to 10.

A **high school** contains any of grades 10 to 12.

**Effective** from midnight to one-half hour after school.

**Applies** to ALL beverages sold to students by any entity.

**Sold** means the exchange of food for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

*A compliant beverage must be marketed or labeled as a fruit and/or vegetable juice, milk, non-dairy milk, water, or electrolyte replacement beverage/sports drink AND meet all criteria under that specific category.*

#### Compliant beverages:

1. Fruit or Vegetable juice:
  - a. ≥ 50% juice **and**
  - b. No added sweeteners
  - c. ≤ 12 fl. oz. serving size
2. Milk:
  - a. Cow’s or goat’s milk, **and**
  - b. 1% (unflavored), nonfat (flavored, unflavored), **and**
  - c. Contains Vitamins A & D, **and**
  - d. ≥ 25% of the calcium Daily Value per 8 fl. oz, **and**
  - e. ≤ 28 grams of total sugar per 8 fl. oz.
  - f. ≤ 12 fl. oz. serving size
3. Non-dairy milk:
  - a. Nutritionally equivalent to milk (see 7 *CFR* 210.10(d)(3), 220.8(i)(3)), **and**
  - b. ≤ 28 grams of total sugar per 8 fl. oz, **and**
  - c. ≤ 5 grams fat per 8 fl. oz.
  - d. ≤ 12 fl. oz. serving size
4. Water:
  - a. No added sweeteners
  - b. No serving size limit
5. No-calorie Electrolyte Replacement Beverages  
**(NOT ALLOWED IN MIDDLE SCHOOLS)**
  - a. Water as first ingredient
  - b. ≤ 16.8 grams added sweetener/8 fl. oz.
  - c. ≤ 5 calories/8 fl. oz. (or ≤ 10 cal/20 fl. oz.)
  - d. 10-150 mg Na+/8 fl. oz.
  - e. 10-90 mg K+/8 fl. oz.
  - f. No added caffeine
  - g. ≤ 20 fl. oz. serving size
6. Low-calorie Electrolyte Replacement Beverages  
**(NOT ALLOWED IN MIDDLE SCHOOLS)**
  - a. Water as first ingredient
  - b. ≤ 16.8 grams added sweetener/8 fl. oz.
  - c. ≤ 40 calories/8 fl. oz.
  - d. 10-150 mg Na+/8 fl. oz.
  - e. 10-90 mg K+/8 fl. oz.
  - f. No added caffeine
  - g. ≤ 12 fl. oz. serving size

**Non-compliant beverages may be sold from one-half hour after school through midnight.**

#### STUDENT ORGANIZATIONS

Reference: *California Code of Regulations* Section 15501

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<p>must meet ALL nutrient standards above.</p> <p>* Dried blueberries cranberries, cherries, tropical fruit, chopped dates or figs that contain added sugar are exempt from fat and sugar standards. Canned fruit in 100% juice only.</p> <p>** A whole grain item contains:</p> <ol style="list-style-type: none"><li>The statement “Diets rich in whole grain foods... and low in total fat... may help reduce the risk of heart disease...,” or</li><li>A whole grain as the first ingredient, or</li><li>A combination of whole grain ingredients comprising at least 51% of the total grain weight (manufacturer must verify), or</li><li>At least 51% whole grain by weight.</li></ol> <p><b>*Effective July 1, 2016</b></p>	<p><b>Effective</b> from midnight to one-half hour after school. <b>Applies ONLY</b> to food and beverage sales by student organizations.</p> <ol style="list-style-type: none"><li>Up to <b>three categories</b> of foods or beverages <i>may</i> be sold each day (e.g., fruit, sandwiches, popcorn, water, etc.).</li><li>Food or beverage item(s) must be <b>pre-approved</b> by governing board of school district.</li><li>Only <b>one student organization</b> is allowed to sell each day.</li><li>Food(s) or beverage(s) <b>cannot be prepared on the campus.</b></li><li>The food or beverage categories sold <b>cannot</b> be the same as the categories sold in the food service program at that school during the same school day.</li></ol> <p>In addition to one student organization sale each day, any and <b>all student organizations</b> may sell on the <b>same four designated days</b> per year. For example; if an organization sells only one food item, then there may be three other selling events with one selling item per event; however, all four are sold in one event then there will no other selling event within the same school year. School administration may set these dates.</p>
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### VENDING MACHINES

Vending machines selling food and beverage items to students must meet nutritional standards at all times. Vending machines shall not be available in schools with K-6<sup>th</sup> students; however machines containing water are permitted. Vending machines may be operated in middle and high schools. However they must be turned off during the duration of breakfast and lunch service, except for water, which is permitted for purchase during school hours.

Vending machines and a la carte sales in elementary and middle school may only contain foods and beverages that comply with the *Smart Snacks in School* nutrition standards. Schools are to ensure that vending machines which do contain competitive food and beverage items are only available a half-hour before and a half-hour after operation of federal school meal programs. School site administrators and Food Service administrators will monitor vending machines to ensure compliance with the requirements. Vending machines for staff, selling food and beverages that do not meet the nutrition standards, must be inaccessible to students. Healthier vending options will be available to staff. Healthy, nutrient dense, items should be priced competitively.

### SCHOOL FUNCTIONS AND ACTIVITIES

The district will encourage the use of compliant foods, outlined by the *Smart Snacks in School* nutrition standards, for all functions and activities held on school campuses. Suggested foods for school functions and activities after the school day include (but are not limited to):

- Raw-fresh vegetable sticks (e.g. carrots)/slices with low-fat dressing or yogurt dip
- Frozen fruit juice pops
- Fresh fruit
- 100% fruit and/or vegetables juices
- Bottled water or Spa water
- Dried fruits
- Trail mix (dried fruits and nuts)
- Dry roasted peanuts, tree nuts and soy nuts
- Low-sodium crackers
- Whole grain crackers with salsa and low fat dips
- Low fat muffins, granola bars, crackers and cookies such as fig bars and ginger snaps

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- Angel food and sponge cake
- Low fat meat and cheese sandwiches
- Yogurt parfaits
- Party mix (variety of cereal, nuts, pretzels, etc.)
- Baked corn chips

*\*WARNING: Before offering products with peanuts, peanut butter, or other nuts and seeds check to make sure none of the students have a food allergy.*

### **FUNDRAISING**

Schools will only use non-food, healthy food, and/or fundraisers that encourage and promote physical activity (such as walk-a-thons, jump rope for heart, fun runs, etc.). 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. Food fundraisers cannot be conducted during school meal periods. All fundraisers held on campus must be approved by the Principal. Adults shall never be allowed sell food items to pupils on campus one half hour before and after school time (Education Code 49431m Title 5, 15500). Healthy fundraising ideas include (but are not limited to):

#### ***Non-food Fundraising Ideas***

- Gift wrap
- Water bottles
- Craft fairs/student craft sale--murals, first aid kits, emergency car kits
- Garage sales
- Car washes
- Book fairs
- Scratch cards\*
- Scrip programs (supermarkets)\*
- Store reward programs\*
- Game night, bingo night
- Auctions (live, silent, or online)\*
- Candles, lotions, soaps
- Greeting cards, stationary
- Plants, flowers, bulbs, seeds
- Discount cards/coupon books\*
- Magazine subscriptions
- Recycling (cell phones, printer cartridges)
- School spirit apparel and merchandise
- Rent a special parking spot
- School calendars featuring student artwork
- Cookbooks featuring healthy recipes submitted by students and their families

*\*Look for businesses and auction items that promote health-conscious products and services*

#### ***Holiday-themed Fundraising Ideas***

- Fall holidays: pumpkins, table centerpieces, harvest baskets featuring produce such as: apples, squash, pumpkins, etc.
- Winter holidays: Christmas trees, wreaths, garlands, poinsettias, mistletoe, ornaments
- Valentine's Day/Mother's Day: flowers, plants, cards, stuffed animals

#### ***Healthy Food Fundraising Ideas***

- Spices
- 100% fruit/vegetable juice
- Fruit, smoothies, yogurt & fruit parfaits
- Frozen bananas/grapes
- Air popped popcorn
- Trail mix, nuts, seeds,\* 100% fruit leather
- Unflavored, unsweetened sparkling water/water with 100% fruit juice

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- Baked Chips/Low Sodium Crackers

*\*WARNING: Before offering products with peanuts, peanut butter, or other nuts and seeds check to make sure none of the students have a food allergy.*

### **Active Fundraisers**

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>• Fun walks or runs</li> <li>• Walk-a-thons, bike-a-thons, jump-rope-a-thons, bowl-a-thons, skate-a-thons, hula-hoop-a-thons</li> <li>• School dances</li> <li>• Family obstacle course</li> <li>• Golf or tennis tournaments</li> </ul> | <ul style="list-style-type: none"> <li>• Teacher-student competitions (volleyball, softball, Frisbee...)</li> <li>• Jump Rope for Heart</li> <li>• Planting trees</li> <li>• Family fitness day</li> <li>• Relay races</li> <li>• Family Fun Day (fair, games)</li> </ul> |
|---|---|

### **STUDENT REWARDS**

The use of food and beverage based rewards (e.g., candy, cookies, ice cream socials, pizza parties), which do not meet the nutritional standards outlined in the *Smart Snacks in School* nutrition standards, are prohibited in the classroom. Instead, teaching staff should utilize the following age appropriate, non-food rewards for students who display exemplary behavior, performance, and/or scholastic achievements:

<b>Elementary Schools</b>	<b>Middle and High Schools</b>
Verbal/written praise Photo recognition board (permission required) Decorate water bottles Show & tell Extra recess time “Free choice” at the end of the day Dance party Arts & crafts time Special student privileges Extra credit Treasure box (e.g. school supplies, small toys, stickers, bookmarks, puzzles, key chains, magnets, etc.) Free Dress Day on Fridays Movie Day on Fridays Name on marquee sign	Postcard home Extra credit Tickets to school sporting events Parking spaces Tickets to school dances Medallions/wristbands for model students Music played over the loudspeaker between classes Faculty/student sports competition Class of the week featured over the Public Address system Special student privileges Name on marquee sign

### **CLASSROOM PARTIES AND CELEBRATIONS**

The District encourages the use of non-food rewards for recognition of students’ birthdays, classroom parties, or other classroom/school-wide celebrations. The District governs that all foods and beverages provided for classroom celebrations or recognitions must meet or exceed *USDA Smart Snacks in School* standards. Classroom parties/celebrations or birthday recognition involving food are limited during the school day to no more than two parties/celebrations per class per year. Classroom parties/celebrations or birthday recognition involving food must occur after the last lunch period for the particular grade level or class.

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Alternatives for non-food birthdays, holiday celebrations, and school-wide celebrations include (but are not limited to):

### ***Special (food-free) Recognition***

- Community Service Project
- Holiday cards for military
- Pillow decoration for shelter
- Arts & crafts at a senior center
- Holiday cards for senior nursing homes
- Holiday cards for children's hospitals

### ***Family Events***

- Health fairs
- Nutrition classes
- 30-day health challenges
- School garden work days

### ***Non-Food Celebrations Ideas***

- Games or crafts (ask parents to bring supplies for a game or craft project)
- Dance party
- Guest readers
- Special show and tell
- Themed scavenger hunt around the school or site

Principals and teaching staff will inform parents about the nutritional standards for celebrations in the classroom at the start of the school year and will provide parents with healthy alternatives for celebrating birthdays and other festivities on campus. These include (but are not limited to):

- Baked chips/crackers/pita with bean dips & salsas
- Sparkling water with 100% fruit juice
- Berry banana yogurt parfaits
- Spa Water
- Edamame (soybeans)\*
- Peanut butter and raisins on celery\*
- Bionicos
- Fruit with chili seasoning and lime juice
- Low-fat cheese (serve with fruit or whole grain crackers)
- Fresh vegetables- trays, salads, or kabobs
- Whole grain pretzels (soft or crunchy)
- Low-fat or air popped popcorn
- Nuts\*
- Fresh fruit- trays, salads, or kabobs
- Do-it-yourself trail mix made of nuts/seeds and dried fruit with no added sugar\*
- Graham crackers
- Baked whole grain tortilla chips with salsa or bean dip
- Roll-ups on whole grain tortillas (filled with lean protein such as ham or turkey, low fat cheese, hummus, nut or seed butter and jelly or vegetables)
- Apples with peanut butter

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*\*Please be aware of students' food allergies*

Principals and teaching staff will focus on positive messaging when explaining the meaning behind healthy eating and physical activity standards both in the classroom and on campus.

### **FOOD AND BEVERAGE MARKETING IN SCHOOLS**

The marketing and advertising of unhealthy foods and beverages will be eliminated at all school campuses across the district including the district office. Any foods or beverages that do not meet the above criteria will not be promoted in any way, e.g., through signage, vending machine fronts, logos, scoreboards, school supplies, etc.

### **FOOD AND BEVERAGES BROUGHT FROM HOME**

The District recommends that all snacks, brown bag lunches, or outside foods and beverages brought from home or from a local restaurant, follow similar nutrition standards compared to foods and beverages provided to students through the NSBP and NSLP. It is suggested that all food items brought on campus meet or exceed state and federal nutrition regulations. Principals and teaching staff are responsible for communicating expectations for snacks, brown bag lunches, and outside foods to parents at the beginning of the school year.

It is recommended for parents to pack healthy foods for field trips and other off-campus events, should their child choose not to eat the food provided from Child Nutrition Services. Suggested foods to pack for students include:

- Turkey, cheese, or peanut butter sandwich on whole wheat bread
- Raw-fresh vegetable sticks (e.g. carrots)/slices with low-fat dressing or yogurt dip
- Fresh fruit (apples, oranges, banana, cut up melon, etc.)
- 100% fruit and/or vegetables juice
- Bottled water or Spa water in a thermos
- Dried fruit
- Trail mix (dried fruits and nuts)\*
- Low-sodium crackers
- Baked corn chips
- Whole grain crackers/baked chips with salsa and bean dip
- Low-fat string cheese (serve with whole grain crackers)
- Yogurt parfait
- Peanut butter and raisins on celery\*
- Bionicos
- Fruit with chili seasoning and lime juice
- Whole grain pretzels (soft or crunchy)
- Low-fat or air popped popcorn
- Graham crackers
- Apples with peanut butter\*

*\*Please be aware of students' food allergies*

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**STREET VENDORS**

Illegal vending is a serious public health hazard to LUSD and the surrounding community. Food and beverages sold by illegal vendors most likely fail to meet the USDA *Smart Snacks in School* nutrition standards, therefore compromising the health of students, staff, and parents. In addition to serving foods that do not meet the nutrition standards outlined by the *Smart Snacks in School* standards, illegal food vending can also pose other health risks including:

- No potable water for food handlers to wash their hands or utensils
- Food obtained from unapproved sources
- Potentially hazardous food held at unsafe temperatures
- Lack of proper equipment to maintain food at the required temperatures
- Unsanitary conditions including unclean food equipment
- Food not protected from contamination or adulteration
- No restroom available for food handlers
- Unapproved food equipment

According to Lynwood Municipal Code 13-7.1, it is prohibited for vendors, peddlers, and sellers to use public lands (which include streets, sidewalks, parks, parkways, medians, and any lands or properties under its control) for commercial business (Ord. #1641, §1).

Any person found to be vending, peddling, selling and/or soliciting any merchandise, goods or services is guilty of a misdemeanor unless the offense is charged as an infraction. Whenever the director of development services department, or his or her designee, determines that a violation of this section has occurred, any combination of administrative, civil, and criminal penalties allowed under this code may be imposed (13-7.3 Violation). Penalties include: a notice, a fine (not to exceed one thousand dollars \$1,000.00), confiscation and/or impoundment of the vehicle, pushcart, and all merchandise, goods or services offered for sale by a police officer (13-7.3c).

On the county level, the Street Vending Compliance Program, part of LA County Department of Public Health, is responsible for inspecting illegal street vendors who prepare and/or sell food without a Public Health Permit. Every approved mobile food facility can be identified by a numbered and dated sticker affixed to the truck or cart. If a vendor is selling food and does not have a sticker or a health permit, they are selling food illegally and should be reported to the program.

The *California Retail Food Code* (effective January 2015) states that:

<b>Code 114393</b>	<b>Code 11438</b>
<p>(a) Based upon inspection findings or other evidence, an enforcement officer may impound food, equipment, or utensils that are found to be, or suspected of being, unsanitary or in such disrepair that food, equipment, or utensils may become contaminated or adulterated, and inspect, impound, or inspect and impound any utensil that is suspected of releasing lead or cadmium in violation of Section 108860. The enforcement officer may attach a tag to the food, equipment, or utensils that shall be removed only by the enforcement officer following verification that the condition has been corrected.</p> <p>(b) No food, equipment, or utensils impounded pursuant</p>	<p>Any person who operates a food facility shall obtain all necessary permits to conduct business, including, but not limited to, a permit issued by the enforcement agency. In addition to the penalties under Article 2 (commencing with Section 114390), violators who operate without the necessary permits shall be subject to closure of the food facility and a penalty not to exceed three times the cost of the permit.</p>

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<p>to subdivision (a) shall be used unless the impoundment has been released.</p> <p>(c) Within 30 days, the enforcement agency that has impounded the food, equipment, or utensils pursuant to subdivision (a) shall commence proceedings to release the impounded materials or to seek administrative or legal remedy for its disposition.</p>	
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Should a Principal, parent, and/or staff member observe an illegal street vendor outside or near one of the LUSD school campuses, they are urged to report the vendor(s) to the Lynwood City Clerk and/or the local health department.

### Physical Education and Physical Activity

#### PHYSICAL EDUCATION STANDARDS, K-12

- All students in grades K-12, including students with disabilities, special health-care needs, and those in alternative educational settings, shall receive physical activity and physical education (P.E.) opportunities to provide them with the knowledge and skills required to lead a physically active lifestyle.
- Students should be able to demonstrate competency of the following five P.E. content areas through application of knowledge, skill and practice:
  - Universal Participation and Access: P.E. will be available to all students from the reluctant, disinterested, or physically disadvantaged to the athletically or physically advantaged child.
  - Cognitive and Academic Basis of Movement: Beginning in kindergarten and continuing on through the 12<sup>th</sup> grade, P.E. gives students the cognitive and academic basis for understanding human physiology and movement. Thus, P.E. becomes a lab where students not only raise their heart rate and exploit angular velocity but understand how and why to manipulate these factors for greater health and physical performance.
  - Psycho-Social Development: Central components of physical education include concepts like empathy, discipline, fair play, and teamwork.
  - Focus on Essential Motor Skills: The state's *Physical Education Model Content Standards for California Public Schools* mandates that each district teach 161 specific motor skills between grades K-10 and another 10 to 14 motor skills (depending upon a student's individual P.E. track) in grades 11-12. The curriculum is developmentally arranged and has both breadth and depth, running from: the kindergarten skill of "tossing a ball to oneself, using an underhand throw pattern, and catching it before it bounces twice" (Kindergarten, 1.13 page 1); to the fifth grade skill of "Designing and performing a routine to music that involves the manipulation of an object" (Grade 5, 1.19); and the 10<sup>th</sup> grade skill of explaining, evaluating and *applying* the biomechanical principals of "leverage, force, inertia, rotary motion and opposition . . . in the advanced performance of combative, gymnastic/tumbling, and team activities" (High School Course 2, 1.5, page 39).
  - Inclusive Intrinsically Motivating Instruction—Educators must provide children with opportunities for physical activity and development that are age appropriate and fun. By carefully supervising, equipping, and modifying games and activities, teachers are able to maximize participation among the entire student body.

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- Physical education classes, taught by certified P.E. teachers, shall cover all of the following components: aerobic capacity, body composition, flexibility, and upper body strength, as outlined by the California Content Standards for Physical Education. Essential topics on physical activity include but are not limited to:
  - The physical, psychological, or social benefits of physical activity
  - How physical activity can contribute to a healthy weight
  - How physical activity can contribute to the academic learning process
  - How an inactive lifestyle contributes to chronic disease
  - Health related fitness, which is cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
  - Differences between physical activity, exercise, and fitness
  - Phases of an exercise session, that is warm-up, workout, and cool down
  - Overcoming barriers to physical activity
  - Decreasing sedentary activities, such as TV watching, computer, and video games
  - Opportunities for physical activity in the community
  - Preventing injury during physical activity
  - Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while physically active
  - Social influences on physical activity, including media, family, peers, and culture
  - How to find valid information or services related to physical activity and fitness
  - How to take steps to achieve the personal goal to be physically active
  - How to influence, support, or advocate for others to engage in physical activity
  - How to resist peer pressure that discourages physical activity
- Physical educator-student ratio shall be comparable to classroom teacher student ratio. Facilities, equipment and supplies needed to deliver quality physical education shall be consistent with national standards.
- P.E. instruction is a minimum of 200 minutes every 10 school days for students in grades 1-6; and 400 minutes every 10 school days for students in grades 7-12. All physical education shall be taught by credentialed physical education teachers. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports, marching band, ROTC, drill team, etc.) shall not be substituted for meeting the physical education requirement. Students shall spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.
- Students should accumulate at least 60 minutes, and up to several hours, of age appropriate, sequential physical activity on all, or most days of the week, as recommended by national and state standards. School leaders of physical activity and physical education shall guide students through a process that will enable them to achieve and maintain a high level of personal fitness through the following implementation strategies:
  - Expose students to a wide variety of physical activities
  - Teach physical skills to help maintain a lifetime of health and fitness
  - Encourage students to measure their activity levels and set their own goals
  - Individualize intensity of activities
  - Focus on positive feedback related to their attempt of the exercise rather than on the final product
  - Act as active role models
- Fitness awareness shall begin in elementary level. Students shall be assisted to interpret their personal accomplishments and compare them to national physical activity recommendations.

## **Lynwood Unified School District School Wellness Policy – BP5030**

- Students shall be provided with opportunities to participate in physical activity periods during the day (e.g., recess, lunch, physical education, brain break exercises).
- Students shall participate in a variety of daily, age appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits.
- Extended periods (periods of two or more hours) of inactivity are discouraged for children during the daytime hours.
- Physical education classes shall introduce components of health related fitness assessment such as the California State Physical Fitness Assessment starting in grades K-9. Staff will conduct physical fitness assessments of their students at least once per year. Physical educators for fifth, seventh, and ninth graders will be responsible for providing students' fitness assessment results to the district each school year.
- Water facilities will be available to all students engaged in physical activity and education periods conducted both during and after school. Staff shall encourage students to drink water as the preferred beverage choice during physical activity and shall educate students on limiting their consumption of high sugary, sweetened beverages (e.g., sports drinks, energy drinks, vitamin flavored waters, coffee drinks, flavored fruit drinks, etc.).
- The District will assess and make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts. The school district will explore the availability of federal "safe routes to school" funds, administered by the state department of transportation, to finance such improvements.
- The District will provide all physical education teachers with annual professional development opportunities that are focused on physical education/physical activity topics and competencies specifically for physical education teachers.

### **PHYSICAL ACTIVITY OPPORTUNITIES BEFORE AND AFTER SCHOOL**

All elementary, middle, and high schools will offer extracurricular physical activity programs, such as physical activity clubs or intramural competitive sports. All middle schools will offer interscholastic sports programs via the district's after school program. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including students with disabilities as well as students with special health-care needs. After school child care and enrichment programs will provide and encourage daily periods of moderate to vigorous physical activity for all of its participants. All school-based before and after school programs shall be aligned with the nutrition and physical activity policies adopted by the district.

### **PHYSICAL ACTIVITY AND PUNISHMENT**

Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups, drills, etc.) or withhold opportunities for physical activity (e.g., recess, physical education) as a form of punishment.

### **FAMILY AND COMMUNITY INVOLVEMENT: PHYSICAL EDUCATION/ACTIVITY**

- In order to promote family and community involvement in supporting and reinforcing physical education in the schools, the Principal or designee are responsible for ensuring that:
  - Physical education activity ideas are sent home with students via letters, student handbooks, and verbal announcements at Open Houses, Back-to-School Nights, and other school-wide events.

## **Lynwood Unified School District School Wellness Policy – BP5030**

- Families are invited to attend and participate in physical education activity programs.
- In accordance with Center for Disease Control (CDC) recommendations, both district personnel as well as parent liaisons will be responsible for:
  - Informing families about physical activity programs available at schools and in the community via flyers, newsletters, telephone calls, e-mails, parent meetings, and the district website.
  - Offering families opportunities to participate in physical activity programs, including but not limited to family homework assignments, school wide events, etc.
  - Providing students, families, and school staff with physical activity workshops. Schools can work with community organizations to allow public use of school gyms and playing fields after school hours and on weekends. Local businesses, community groups and health organizations may be able to sponsor or fund physical activity programs and events.
- All programs and messages will reflect the culture of the community and the local physical activity opportunities available.
- The district shall provide consistent health education for parents/guardians, which will emphasize the relationship between student health and academic performance and includes but is not limited to nutrition and physical activity. Health education will be provided through the school newsletter, informational handouts, parent meetings, and the school web site.

### **USE OF SCHOOL FACILITIES FOR PHYSICAL ACTIVITY AFTER SCHOOL HOURS**

School spaces and facilities will be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations with district approval. These spaces and facilities should also be available to community agencies and organizations offering physical activity and nutrition programs. Schools are encouraged to develop joint use agreements or 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. School policies concerning safety shall apply at all times.

**APPENDIX A: School Wellness Evaluation Form**

The purpose of this evaluation is to determine if the District is meeting the wellness goals set forth in the LUSD Wellness Policy and to determine particular areas of strength or weakness. Each year a report of the results will be compiled and submitted for the Board to review. This evaluation must be completed annually **by an Administrator, a teacher and the PTA president (or designee) at each school site** and returned to the State Administer or designee by October 28, 2017.

Please include as many additional comments as possible, as the Wellness Policy Committee and the Board would like to take note of best practices among the schools.

*For items marked “Needs Improvement”, you must include a comment next to each question as to why you did not meet this goal and/or what you plan to do next year to accomplish this goal. (Examples: funding, man power, support/resources needed, etc).*

If you have any questions regarding filling out this survey, please contact Kimberly Goodman, Interim Director of Child Nutrition Services, at 310-886-1676 or klgoodman@mylUSD.org.

**School Site:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Person completing evaluation (Print Name):** \_\_\_\_\_

**Contact phone number / email:** \_\_\_\_\_

<b>Overview</b>	<b>Needs Improvement</b>	<b>Meets</b>	<b>Exceeds</b>
1. Your school promotes a healthy lifestyle to your staff, students and parents.			
2. The programs and/or activities provided by your school set your school at or above the standards of the LUSD Wellness Policy.			

Additional comments on how your school site promotes health and wellness:

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## School Site Annual Evaluation Form

Nutrition	Needs Improvement	Meets	Exceeds
<b><i>I. Nutrition Services</i></b>			
1. Cafeteria staff are well-prepared and efficiently serve meals to your students.			
2. Fresh, safe, free drinking water is available to students on campus.			
<b><i>II. Food and Nutrition Standards</i></b>			
3. All foods and beverages sold and served on school campus, including fundraisers; from midnight and up to one half hour after the school day comply with the California Education Code and California Code of Regulations. (See pages 5-7)			
4. Food safety and sanitation standards are followed at all school-related events (i.e. cafeteria, class celebrations, fundraisers, athletic events, etc).			
5. Marketing and advertising of noncompliant foods and beverages is not permitted on school campus.			
6. Non-food rewards are encouraged for student achievement.			
7. Classroom celebrations involving food are limited to no more than 4 celebrations per year.			
8. Classroom celebrations involving food meet or exceed the California Education Code and California Code of Regulations. (See pages 5-7)			
<b><i>III. Nutrition Education</i></b>			
9. Nutrition education is provided as part of a sequential health education program and is integrated into other academic subjects.			

Additional comments on foods & beverages available on campus & nutrition education:

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## School Site Annual Evaluation Form

**Lynwood Unified School District School Wellness Policy – BP5030**

<b>Physical Activity &amp; Physical Education</b>	<b>Needs Improvement</b>	<b>Meets</b>	<b>Exceeds</b>
<b><i>I. Physical Education</i></b>			
1. Overall, your school provides all students with multiple opportunities to be physically active on a daily basis through physical education classes, recess and other recreational opportunities.			
2. The time allotted for P.E. instruction meets California’s requirement (200 minutes every 10 days for grades K-6; 400 minutes every 10 days for grades 7-12)?			
2. The physical education curriculum at your school follows the California Education Code requirements.			
3. Physical education/activity is not used for disciplinary purposes.			
4. Physical education is of high quality and delivered by well-prepared and supported staff (classroom teachers, aides, PE teachers, coaches, etc.)			
5. Physical education classes achieve “high motor engagement time” for all students (e.g. students are actively and purposefully moving for more than 60% of each instructional period).			
6. Students in physical education classes have access to appropriate and sufficient equipment that facilitates learning and keeps student interest/engagement high.			
7. Instructors are familiar with and design lessons that teach the grade level motor skills outlined in <i>Physical Education Model Content Standard for California Public Schools: Kindergarten through Grade 12</i>			
8. Physical education instruction de-emphasizes competition in favor of skill development and creates an environment that makes students of all abilities feel welcome and included.			
<b><i>II. Recess</i></b>			
1. Describe how recess is supervised and if you do anything to encourage or support student physical activity during recess:			
<b><i>III. Interscholastic Sports (e.g. team sports that play other schools in CIF)</i></b>			

**Lynwood Unified School District School Wellness Policy – BP5030**

1. Does your school offer interscholastic sports teams? (if not, continue to section IV-Other School Supported Opportunities for Physical Activity)
2. Please list all the interscholastic teams you currently offer for boys.
4. Please list all the interscholastic teams you currently offer to girls.
6. Do all your teams have a “qualified” coach who is experienced and knowledgeable about that sport?
7. Do your boys and girls teams have adequate, modern equipment and facilities that is comparable to their competitors? Are there any marked disparities between the equipment and facilities used by the boys versus those used by the girls?
8. Do males and females participate proportionally in your interscholastic program? If not, why or why not?
<b><i>IV. Other School Programs that Support or Encourage Physical Activity</i></b> <b>Note:</b> for this section please exclude all references to your regular physical education and interscholastic athletic programs.
1. Please describe any other regularly scheduled times when students are given the opportunity to be physically active on your campus (e.g. school supervised before, after or weekend programs, including intermural programs, wilderness clubs, running clubs etc.).
2. Please describe any special events that your school site uses to support or increase the physical activity of your student body.

**Lynwood Unified School District School Wellness Policy – BP5030**

Additional comments your school site’s physical activity and physical education:

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<b>Family, Staff, &amp; Community Involvement</b>	<b>Needs Improvement</b>	<b>Meets</b>	<b>Exceeds</b>
1. The school community, parents, teachers and staff encourage a healthy lifestyle for students.			
2. Teachers and staff model healthy behaviors.			

Additional comments on how your school site involves community, staff and teachers in student wellness:

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## Parent and Volunteer Group Annual Evaluation Form

The purpose of this evaluation is to determine if Parent and Volunteer groups on school campus are meeting the wellness goals set forth in the LUSD Wellness Policy and determine particular areas of strength or weakness. Each year a report of the results will be compiled and submitted for the Board to review. This evaluation may be completed annually **by the PTA, Alliance, English Language Advisory Committee, booster groups and the School Site Council** and returned to the State Administer or designee by October 1, 2016. *(Groups not specifically listed are encouraged to complete and submit this evaluation form.)*

Please include as many additional comments as possible, as the Wellness Policy Committee and the Board would like to take note of best practices among the schools.

*For items marked “Needs Improvement”, you are encouraged to include a comment next to each question as to why you did not meet this goal and/or what you plan to do next year to accomplish this goal. (Examples: funding, man power, support/resources needed, etc).*

If you have any questions regarding filling out this survey, please contact Kimberly Goodman, Interim Director of Child Nutrition Services, at 310-886-1676 or [klgoodman@mylUSD.org](mailto:klgoodman@mylUSD.org).

**School Site:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Person completing evaluation (Print Name):** \_\_\_\_\_

**Contact phone number / email:** \_\_\_\_\_

<b>Parent &amp; Volunteer Groups</b>	<b>Needs Improvement</b>	<b>Meets</b>	<b>Exceeds</b>
1. The Parent/Volunteer group at your school promotes health and wellness to students by incorporating physical activity into programs, fundraisers, events or other school-related functions.			
2. Foods and beverages sold or served on campus from midnight and up to one half hour after the school day support healthy eating and meet the California Education Code and California Code of Regulations. <i>(See pages 5-7)</i>			
3. Food safety and sanitation standards are followed when foods are served at all school-related events (i.e. class celebrations, fundraisers, athletic events, etc).			



## **Student Council and Associated Student Body (ASB) Officer Annual Evaluation Form**

The purpose of this evaluation is to determine if the District is meeting the wellness goals set forth in the LUSD Wellness Policy and determine particular areas of strength or weakness. Each year a report of the results will be compiled and submitted for the Board to review. For the questions below, please mark the answer that applies to your school as a whole. Questions specific to the Student Council or ASB will be noted. This evaluation must be completed annually **by all Student Council Officers for Elementary and all ASB Officers for Middle Schools and High Schools** and returned to the State Administer or designee by October 28, 2017.

Please include as many additional comments as possible, as the Wellness Policy Committee and the Board would like to take note of best practices among the schools.

*For items marked “Needs Improvement”, you are encouraged to include a comment next to each question as to why you did not meet this goal and/or what you plan to do next year to accomplish this goal.(Examples: funding, man power, support/resources needed, etc).*

If you have any questions regarding filling out this survey, please contact Kimberly Goodman, Interim Director of Child Nutrition Services, at 310-886-1676 or [klgoodman@mylusd.org](mailto:klgoodman@mylusd.org).

**School Site:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Person completing evaluation (Print Name):** \_\_\_\_\_

**Contact phone number / email:** \_\_\_\_\_

<b>Student Council &amp; ASB Officers</b>	<b>Needs Improvement</b>	<b>Meets</b>	<b>Exceeds</b>
1. Your school promotes safety on campus.			
2. Your school promotes a drug- and substance-free environment.			
3. Your school enforces an “anti-bullying” policy on campus.			
4. Your school promotes a healthy lifestyle (healthy eating, physical activity, etc.).			
5. Food and beverages sold and served on your school’s campus from midnight and up to one half hour after the school day are healthy.			
6. Food safety and sanitation standards are followed at all school-related events (ie. cafeteria, class celebrations, fundraisers,			

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athletic events, etc).			
	Needs Improvement	Meets	Exceeds
7. Classroom celebrations involving food at your school are limited to no more than 4 celebrations/year.			
8. Classroom celebrations involving food are healthy.			
9. Nutrition education is provided to students and is included into other academic subjects (math, science, English, etc).			
10. Your school provides all students with the opportunity to be physically active on a regular basis through physical education instruction and physical activity programs.			
11. Physical education is taught by well-prepared staff.			
12. Teachers and staff model healthy behaviors while at school.			
13. How confident is your Student Council/ASB class at your school about following and understanding the nutrition standards in the LUSD Wellness Policy? <i>(Circle the response that best reflects your opinion).</i>	Not at all Confident	Confident	Very Confident
14. Were you aware of the LUSD Wellness Policy before you filled out this evaluation form? <i>(Circle the response that best reflects your opinion).</i>	No	Somewhat – I’ve only heard of it	Yes I’ve Read It

15. Please list any fundraisers or other events that the Student Council/ASB at your school hosted that promote healthy behaviors (related to nutrition, physical activity, etc.).

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**Lynwood Unified School District School Wellness Policy – BP5030**

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16. What is your favorite health-related event that your school has hosted this year?

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## **APPENDIX B: DENIFITION OF TERMS**

### **Added Sweetener**

Any additive that enhances the sweetness of the beverage, including added sugar but does not include the natural sugar(s) that are contained within the fruit juice which is a component of the beverage.

### **A La Carte Items**

Any food or beverage students purchase in addition to or in place of the USDA reimbursable school breakfast or lunch. A la carte item includes food or beverages sold in vending machines, a la carte lines or kiosks, school stores or snack bars located anywhere on school grounds, including the cafeteria and athletic events.

### **Competitive Foods**

Any foods sold in competition with the National School Lunch Program and the School Breakfast Program to children in food service areas during the school's designated lunch or breakfast periods, including Foods of Minimal Nutritional Value (FMNV).

### **Entrée**

A food that is generally regarded as being the primary food in a meal, and shall include, but not be limited to, sandwiches, burritos, pasta, and pizza.

### **Extended School Day**

Time during before and after-school activities that include clubs, intramural sports, band and choir practice, drama rehearsals, etc.

### **Extracurricular Activities**

School-sponsored voluntary programs supplement regular education and contribute to the educational objectives of the school.

### **Food Items**

Each separate kind of food offered for sale as a separate unit, e.g., orange juice and apple juice would be two items.

### **Food Service Areas**

- (1) **Indoor:** Anywhere where federally reimbursable meals are served (including cafeterias, multipurpose rooms in use as cafeterias, courts, and other indoor locations) **OR**
- (2) **Outdoor:** At points of sale/service where federally reimbursable meals are sold/served (including such points of sale as service windows, mobile carts, kiosk lines, barbecue stands, or other similar arrangements).

### **Foods and Beverages of Low Nutrient Density**

Those foods and beverages supply calories from fat and/or sugar but relatively few, if any, vitamins and minerals.

### **Foods of Minimal Nutritional Values (FMNV)**

For artificially sweetened foods, USDA defines a food of minimal nutritional value as one that provides less than five percent of the Dietary Reference Intakes (DRIs) for each of eight specified nutrients (protein, vitamin A, vitamin C, niacin, riboflavin, thiamin, calcium and iron) per

## **Lynwood Unified School District School Wellness Policy – BP5030**

serving. For all other foods, FMNV are those that provide less than five percent of the DRI for each of the eight nutrients per serving and per 100 calories. USDA regulations define **Four** specific categories of FMNV, including (1) soda water; (2) water ices; (3) chewing gum; and (4) certain candies (hard candy, jellies and gums, marshmallow candies, fondant, licorice, spun candy, and candy-coated popcorn). The regulations do not restrict the sale of any other low-nutrient foods, e.g., chips and noncarbonated sweetened drinks.

[www.fns.usda.gov/cnd/menu/fmnmv.htm](http://www.fns.usda.gov/cnd/menu/fmnmv.htm)

### **Full Meal**

Any combination of food items that meet USDA-approved reimbursable meal pattern requirements.

### **Lunch and Breakfast periods**

The times designated for the service and consumption of meals, from the time students are released from class to the time students' return to classes.

### **National School Lunch Program (NSLP)**

USDA's federally assisted meal program operating in public and nonprofit private schools and RCCI's. The NSLP provides nutritionally balanced, low-cost or free lunches to children each school day. [www.fns.usda.gov/cnd/lunch/](http://www.fns.usda.gov/cnd/lunch/)

### **National School Breakfast Program (NSBP)**

USDA's federally assisted meal program operating in public and nonprofit private schools and RCCI's.

### **Nutrient-Dense Foods**

Those foods provide substantial amounts of vitamins and minerals and relatively few calories.

### **Nutrition Standards**

Federal, state or local guidelines regulate the nutritional content of foods and beverages.

### **Physical Activity**

Bodily movement of any type, including recreational, fitness and sport activities such as jumping rope, playing soccer and lifting weights, as well as daily activities such as walking to the store, taking the stairs or raking the leaves.

### **Physical Education**

The phase of the general education program contributes to the total growth and development of each child, primarily through movement experiences. Systematic and properly taught physical education includes the major content standards, including movement competence, maintaining physical fitness, learning personal health and wellness skills, applying movement concepts and skill mechanics, developing lifetime activity skills, and demonstrating positive social skills.

### **Planned, Ongoing and Systematic Program of Instruction**

A program includes written goals and written learning objectives for the grades in which the program is taught. The learning objectives should evolve from grade level to grade level. It should be implemented equitably across each specific grade or course, e.g. all third grade students should receive instruction in the same agreed-upon learning objectives across each third grade classroom.

## **Lynwood Unified School District School Wellness Policy – BP5030**

### **Point of Sale**

The point in the food service operation where a determination can accurately be made that a reimbursable free, reduced price, or paid lunch/breakfast has been served to an eligible child.

### **School Day**

Midnight the night before to 30 minutes after the end of the instructional day.

### **School Health Index (SHI)**

A self-assessment and planning tool from the Centers for Disease Control and Prevention (CDC) that schools use to improve their health and safety policies and programs. The SHI is based on CDC's research-based guidelines for school health programs, which identify the policies and practices most likely to be effective in improving youth health risk behaviors. It is structured around CDC's eight-component model of coordinated school health.

<http://apps.need.edc.gov/shi/>

### **School Health Council (SHC)**

An advisory group of individuals represents segments of the community. The group acts collectively to provide advice to the school system on aspects of the school health program.

### **School Meals**

Meals served under the USDA Child Nutrition Programs, including breakfast, lunch and after-school snacks.

### **School Wellness Policy**

Federal requirement (Public Law 108-265) that school districts participating in USDA Child Nutrition Programs must set goals for nutrition education, physical activity, nutrition standards for school foods and beverages, and other school-based activities designed to promote student wellness. [www.fns.usda.gov/cnd/Governance/Legislation?PL\\_08-265.pdf](http://www.fns.usda.gov/cnd/Governance/Legislation?PL_08-265.pdf)

### **Snack**

A food that is generally regarded as supplementing a meal, including, but not limited to, chips, crackers, onion rings, nachos, French fries, donuts, cookies, pastries, cinnamon rolls, and candy.

### **Team Nutrition**

A U.S. Department of Agriculture Initiative to support Child Nutrition Programs through training and technical assistance for food service, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity. The goal of Team Nutrition is to improve children's lifelong eating and physical activity habits through nutrition education based on the principles of the Dietary Guidelines for Americans and MyPyramid, USDA's food guidance system. [www.fns.usda.gov/tn/Default.htm](http://www.fns.usda.gov/tn/Default.htm)

### **Types of Food or Beverage items**

Refers to categories of food groupings such as fruit juices, soft drinks, sandwiches, or confections. Confections include all candies, cookies, pies, and cakes. For example, if the food service program offers fruit juice for sale, a student organization shall not sell any type of fruit juice.

## **Lynwood Unified School District School Wellness Policy – BP5030**

- References:** The Child Nutrition and WIC Reauthorization Act of 2004, Public Law 108-265
- School Wellness Policy, Section 204, Public Law 08-265, the Child Nutrition Act of 2004
- California Education Code Sections 38085, 48931, 49431 (SB 12), 49431.2 (SB 12), 49431.5 (SB 965)
- California Code of Regulations: Title 5, Division 1, Chapter 15, Article 1, Sections 15500 and 15501 (MB 00-810)
- Code of Federal Regulations: Title 7, part 210.11 (FMNV, MB 05-110)
- U.S. Department of Health and Human Services, Centers for Disease Control and Prevention. National Center for Chronic Disease Prevention and Health Promotion - Division of Adolescent and School Health.
- Street Vending Compliance Program.  
<http://www.lapublichealth.org/eh/SSE/StreetVending/strVending.htm>
- California Retail Food Codes (January 2015).  
<http://www.cdph.ca.gov/services/Documents/fdbRFC.pdf>
- City of Lynwood, Municipal Codes. <http://www.codepublishing.com/ca/lynwood/>

District Health Wellness Policy #BP5030  
Adopted: 2/13/07  
Amended: 01/05/17