



STUDENT WELLNESS

Norwalk-La Mirada Unified School District

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The Board of Education of the Norwalk-La Mirada Unified School District recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for district students. The Superintendent or designee shall build a coordinated school health system that supports and reinforces health literacy through health education, physical education, health services, nutrition services, psychological and counseling services, health promotion for staff, a safe and healthy school environment, and parent/guardian and community involvement.

Student Wellness Committee

The Superintendent or designee may appoint a student wellness committee consisting of parents/guardians, students, school nutrition service professionals, school administrators, Board representatives and members of the public. The committee may also include district administrators, health professionals, school nurses, health educators, physical education teachers, counselors, and/or others interested in school health issues.

The student wellness committee shall assist with policy development and advise the district on health-related issues, activities, policies, and programs. At the discretion of the Superintendent or designee, the committee's responsibilities may include planning and implementing activities to promote health within the school or community.

Nutrition Education and Physical Activity Goals

The Board shall adopt goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the district determines appropriate. The district's nutrition education and physical education programs shall be based on current research, consistent with the expectations established in the state's curriculum standards, guidelines and frameworks, and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

The primary goal of nutrition education is to influence students' eating behaviors through interactive, skill-based instruction that emphasizes the relationship between good nutrition and health, that fosters necessary decision-making skills, and that moves students to adopt healthy eating behaviors.

The primary goal for a school's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain a fit and healthy body, to participate in regular physical activity, and to understand the short and long-term benefits of a physically active and healthy lifestyle.

Comprehensive, standards-based nutrition education and physical activity education shall be provided as part of the health education program in grades K-12 and, as appropriate, shall be

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integrated into core academic subjects and offered through before-school and after-school programs. Health instruction shall also facilitate the voluntary adoption of nutrition-related behaviors conducive to health and well-being.

All students in grades K-12 shall be provided opportunities to be physically active on a regular basis. In addition to and not substituting for the formal physical education program, opportunities for moderate to vigorous physical activity shall be provided through recess, school athletic programs, extracurricular programs, before-school and after-school programs and other structured and unstructured activities.

The Superintendent or designee shall encourage staff to serve as positive role models. Staff shall promote and may provide opportunities to support fitness and wellness among employees.

Professional development shall include current research, shall promote healthy behaviors, and shall include instructional strategies that assess health knowledge and skills and promote healthy lifestyle behaviors.

To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information to parents/guardians through district or school newsletters, handouts, student homework assignments, parent/guardian meetings, the district or school web site and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance. To that end, related state-mandated test and survey results shall be disseminated to the public.

Nutrition Guidelines for Foods Available During the School Day

The Board shall adopt nutrition guidelines that meet or exceed state and federal nutrition standards for all foods available on each campus during the school day. These nutritional standards shall also apply to all foods and beverages sold to students, including foods and beverages provided through the District's food service program, student stores, vending machines or fundraisers. The objectives of these guidelines shall be to promote student health, reduce childhood obesity, support the health curriculum and promote optimal health.

The Superintendent or designee shall encourage school organizations to use items other than food for fundraising purposes. School staff shall be encouraged to avoid the use of foods as a reward for students' academic performance, accomplishments, or classroom behavior. School staff shall encourage parents/guardians or other volunteers to support the district's nutrition education program by considering nutritional quality when selecting any snacks which they may donate for occasional class parties and by limiting foods or beverages that do not meet nutritional packaged by the manufacturer. Class parties or celebrations shall not interfere with student standards to no more than one food or beverage per party. Snacks must be store-purchased and instructional time and shall be held at a time and location as determined by the school principal or designee and after the lunch period when possible.

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The Board supports the marketing and advertising of nutritious foods and beverages (EC 49430-49436; CFR: 210) signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, or other means.

These changes will be done on a timeline consistent with the law. (EC 49431, EC 49431.2, EC 49431.5)

Guidelines for Reimbursable Meals

Foods and beverages provided through federally reimbursable school meal programs shall meet or exceed federal regulations and guidance issued pursuant to 42 USC 1758(f)(1), 1766(a), and 1799(a) and (b), as they apply to schools. In order to maximize the District's ability to provide nutritious meals and snacks, all District schools shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs, to the extent possible.

Program Implementation and Evaluation

The Board shall establish a plan for measuring implementation of the policy. The Superintendent shall designate at least one person at each school who is charged with operational responsibility for ensuring that the school sites implement the District's wellness policy.

The specific quality indicators that will be used to measure the implementation of the policy district wide shall include, but not be limited to, state health and physical fitness-assessments; an analysis of the nutritional content of meals served, student participation rates in school meal programs, and sales of non-nutritious foods and beverages in fundraisers outside the District's meal programs; and feedback from food service personnel, school administrators, the Student Wellness Committee, parents/guardians, students, and other appropriate persons.

The Superintendent or designee shall report to the Board at least every two years on the implementation of this policy and make recommendations for policy modifications, if indicated.

Posting Requirements

Each school shall post a summary of the District's policies and regulations on nutrition and physical activity in public view within school cafeterias and eating areas. Each school may also provide, upon request, a summary of state nutrition and physical activity laws and regulations, prepared by the California Department of Education.

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Legal Reference:

Norwalk-La Mirada Unified School District
Policies and Bylaws

EDUCATION CODE

49430-49436 Pupil Nutrition, Health, and Achievement Act of 2001

49490-49493 School breakfast and lunch programs

49500-49505 School meals

49510-49520 Nutrition

49530-49536 Child Nutrition Act

49540-49546 Child care food program

49547-49548.3 Comprehensive nutrition services

49550-49560 Meals for needy students

49565-49565.8 California Fresh Start pilot program

49570 National School Lunch Act

51222 Physical education

51223 Physical education, elementary schools

CODE OF REGULATIONS, TITLE 5

15500-15501 Food sales by student organizations

15510 Mandatory meals for needy students

15530-15535 Nutrition education

15550-15565 School lunch and breakfast programs

UNITED STATES CODE, TITLE 42

1751-1769 National School Lunch Program, especially:

1751 Note Local wellness policy

1771-1791 Child Nutrition Act, including:

1773 School Breakfast Program

1779 Rules and regulations, Child Nutrition Act

CODE OF FEDERAL REGULATIONS, TITLE 7

210.1-210.31 National School Lunch Program

220.1-220.21 National School Breakfast Program

Management Resources:

CSBA POLICY BRIEFS

The New Nutrition Standards: Implications for Student Wellness Policies, November 2005

CSBA PUBLICATIONS

Monitoring for Success: Student Wellness Policy Implementation Monitoring Guide

Student Wellness: CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS

Healthy Children Ready to Learn, January 2005

Health Framework for California Public Schools, Kindergarten Through Grade Twelve, 2003

Physical Education Framework for California Public Schools, Kindergarten Through Grade 12, 2009

CENTERS FOR DISEASE CONTROL PUBLICATIONS

School Health Index a Self-Assessment and Planning Guide

for Elementary and Middle/High Schools,

NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION (NASBE) PUBLICATIONS

Fit, Healthy and Ready to Learn, 2000

U.S. DEPARTMENT OF AGRICULTURE PUBLICATIONS

Dietary Guidelines for Americans, 2005

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WEB SITES

CSBA: <http://www.csba.org>

California Department of Education, Nutrition Services Division: <http://www.cde.ca.gov/ls/nu>

California Department of Health Services: <http://www.dhs.ca.gov>

California Healthy Kids Resource Center: <http://www.californiahealthykids.org>

Centers for Disease Control and Prevention (CDC): <http://www.cdc.gov>

Dairy council of California:

Let's Move: <http://www.letsmove.gov>

National Alliance for Nutrition and Activity: <http://www.cspinet.org/nutritionpolicy/nana.html>

National Association of State Boards of Education: <http://www.nasbe.org>

National School Boards Association: <http://www.nsba.org>

School Nutrition Association: <http://www.schoolnutrition.org>

Society for Nutrition Education: <http://www.sne.org>

Team California for Healthy Kids: <http://cde.ca.gov>

U.S. Department of Agriculture: http://www.fns.usda.gov/m/Healthy/wellnesspolicy_steps.html

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