

Lagunitas School District

San Geronimo, California

BOARD POLICY 5016

STUDENT WELLNESS

Responsibilities

The School Board of Trustees recognizes the important connection between a healthy diet, physical activity, environmental and nutrition education and a student's ability to learn effectively and achieve high standards in school. The Board also recognizes the school's role, as part of the larger community, to promote family health, sustainable agriculture and environmental restoration.

The School Board of Trustees recognizes that preparing and eating a meal together is a fundamental experience for all peoples; a primary way to nurture and celebrate our cultural diversity and an excellent bridge for building friendships and inter-generational bonds.

Mission

The educational mission is to improve the health of the entire community by teaching students and families ways to establish and maintain life-long healthy lifestyle habits. The mission shall be accomplished through nutrition and healthy-eating education, garden experiences, the food served in schools, core academic content in the classroom and physical activity opportunities.

Goals

- Ensure that no student in the Lagunitas Elementary School District is hungry.
- Ensure that a healthy and nutritious snack and lunch is available to every student at each school so that the students are prepared to learn to their fullest potential.
- Ensure that all qualified children become eligible for free meals.
- Ensure maximum availability of the school meal program by developing a coordinated, comprehensive outreach and promotion program to ensure that all who are eligible receive free and reduced lunches.
- Ensure that the nutritional value of the food served significantly improves upon USDA Dietary Guidelines by providing nutritious, fresh, tasty, locally grown food that reflects San Geronimo Valley's cultural diversity.

- Ensure that the food served shall be organic to the maximum extent possible, as defined by the California Certified Organic Farmers.
- Serve meals in a pleasant environment with sufficient time for eating, while fostering good manners and respect for fellow students.
- Maximize the reduction of waste by recycling, reusing, composting and purchasing recycled products. Each school site shall have a recycling program.
- Ensure that each student receives nutrition and physical education to assist in the formation of life-long health habits.
- Ensure that connections and partnerships are made in the community to reinforce these goals and increase health in the larger community.

I. Establishment of a Nutrition/Wellness Advisory Council

In order to achieve these goals, a nutrition/wellness advisory council shall be established to discuss food and wellness related topics of concern to the school community and help make policy recommendations to the School Board of Trustees. The Board's policy related to student wellness shall be developed with the involvement of parents/guardians, students, school food service professionals, school administrators, Board representatives and members of the public. At the discretion of the superintendent or designee, the Council will develop, implement, monitor and review this policy and others related to school nutrition and physical activity.

The Nutrition/Wellness Advisory Council shall have the following members:

1. One parent representative from each of the four District Programs.
2. One Lagunitas School District administrator.
3. One Community Center representative.
4. Two classified employees appointed by their employee organization – PE and food services personnel preferred.
5. Two certificated employees appointed by their employee organization
6. The Garden Coordinator
7. Two student representatives appointed by the Student Council to advise council on student interests.

The Nutrition/Wellness Advisory Council shall meet at least two times a year at hours convenient for public and student participation. The Council will meet initially in the fall to determine focus for the year and then in the spring to review

progress for the year. Additional meetings can be scheduled as needed. The Nutrition/Wellness Advisory Council will ensure student participation. The Nutrition/Wellness Advisory Council will meet annually with the school board to share and review recommendations.

II. Nutrition Education, Physical Activity and other school-based activities that promote student wellness.

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.

Goals for Nutrition Education

The goal of the School Board is that every student is able to demonstrate the healthy living styles that are being taught and modeled to them, to ensure that every student has a healthy body and that students are given the tools to make healthy choices to and ensure that the environment fosters healthy self-esteem. To that end, the District intends to teach, encourage and support healthy eating by the students. We will engage in the following activities to promote healthy eating and lifestyle:

- Integrate eating experiences, gardens, and nutrition and healthy eating education into the curriculum for math, science, social studies and language arts at all grade levels.
- Nutrition Education is generally consistent with expectations established in the state's curriculum framework.
- Maintain a school garden to give students the opportunity to plant, harvest, prepare, cook and eat the food that they have grown.
- Encourage farmers and farm workers to come to the school classroom and arrange for students to visit farms.
- Solicit student preferences in the planning of menus and snacks through annual focus groups, surveys, and taste tests of new foods and recipes.
- Provide cafeteria staff with USDA approved computer software, training and support to implement nutrient based menu planning.
- Support and encourage teachers and school workers to act in a manner consistent with this policy.

- Encourage consistent communication about nutrition and wellness between home and school and engage in distribution of health education materials to the home.
- Provide, as resources allow, health, obesity and body image training opportunities for students.
- Strive to provide healthy snacks/foods at all school sponsored events.
- Staff shall encourage parents, volunteers and staff to support the school's nutrition program when selecting snacks which they may donate for occasional parties and limiting foods or beverages that do not meet nutritional standards set forth by the school policy.
- The School Board discourages the use of food or physical activity as a reward or punishment.

Goals for Physical Education

The School Board of Trustees recognizes the positive health benefits of physical activity for student health and academic achievement. The District will provide opportunities for all students to engage in physical activities that are appropriate and meet minimum requirements.

- Students in the Lagunitas School District shall continue to receive the recommended 100 - 225 minutes per week of dedicated physical activity each week.
- Exemptions will be permitted for students whose medical conditions do not allow for general, inclusion, modified or adapted physical education programs.
- Appropriate alternate activities will be provided for students with limitations.
- Activities will be within the school's guidelines for safety.
- Teachers and other school personnel shall not use physical activity as a punishment.
- Students will have an opportunity for physical activity through the school garden.
- Students will be provided with up to 20 minutes per day of supervised recess, preferably outdoors.

- Students will be provided safe and adequate outdoor play equipment to encourage physical activity.
- When resources are available, the District will provide regular professional development opportunities to teachers and staff generally consistent with the state's curriculum frameworks.
- Teachers will be encouraged to integrate physical activities into classroom/field trips.

III. Nutrition Guidelines for Food and Beverages

The School Board of Trustees shall adopt nutrition guidelines selected by the District for all foods available on each campus during the school day, with the objectives of promoting student health and reducing childhood obesity.

- The Board believes that foods and beverages available to students should support the health curriculum and promote optimal health.
- Nutrition standards adopted by the district for all foods and beverages sold to students, including foods and beverages provided through the district's food service program, student stores, vending machines, fundraisers, or other venues shall meet or exceed state and federal nutrition standards.
- The Board will prohibit the marketing and advertising of non-nutritious foods and beverages.
- The District will encourage the use of healthy snacks, foods and beverages at all school sponsored events. The school will encourage parents, teachers and volunteers to provide healthy snacks when they donate food to school activities.
- The District will provide locally grown organic produce to the fullest extent possible in the school lunch program and all school activities.
- The District will use whole, unprocessed foods and ingredients to the fullest extent possible.
- The District will limit fats, chemicals, hormones and other potentially harmful substances to the fullest extent possible.
- Ingredients and nutritional information shall be available to students, parents and school employees for the reimbursable meal program.

- The District will promote, to the fullest extent possible, a sustainable food cycle which would include preparing foods from local sources with student participation whenever possible.

IV. Nutrition Guidelines for Child Nutrition Reimbursable Meal Programs

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 (b), as they apply to schools.

- Rationale for participating or not participating in all available federal school nutrition programs should be presented to the board annually.
- It should be ensured that free and reduced lunches are available to every eligible student.
- Outreach should take place to ensure that all eligible students are taking advantage of the free and reduced programs.
- All school meals will reach or exceed local, state, and federal nutrition requirements.
- All foods and beverages served by the school as part of the federally reimbursed food program will meet or exceed USDA guidelines.
- Meals are served in reasonable time intervals.
- The meals are appealing and attractive to the students.
- The food shall be served in a pleasant, clean safe environment.
- Children will be allowed sufficient time to enjoy their meals.
- The students should be offered a minimum of required fruits and vegetables at each meal and be encouraged to try new things.
- The District will strive to minimize packaging used in all aspects of the school lunch program.

V. Program Implementation and Evaluation

The Board shall establish a plan for measuring implementation of the food policy. The Superintendent shall designate at least one person within the district and at each school site who is charged with the operational responsibility for ensuring that the school sites implement the district's Wellness Policy.

- The Board will ensure the setting of goals for the implementation of the policy and monitoring its progress and evaluation.
- The District will provide and use a standardized method of evaluation annually, such as the CDC School Health Index.
- Staff and community members will continue to serve as resources to support the implementation and review of the policy.
- The District will, when resources allow, provide training and professional development opportunities to staff which serve to further the implementation of the policy.

VI. Waste Reduction and Sustainable Agriculture Education

The District will, to the best extent possible:

- Ensure that cafeterias are part of the environmental education of students and staff through reducing waste, composting, recycling and purchasing recycled and ecological materials.
- Purchase food from local food growers as a first priority, based on availability, acceptability, and financial resources.
- Work with other Marin County school districts to increase the amount of products purchased from local farms and organic food suppliers.
- Provide, if resources allow, regular professional development to enable the cafeteria staff to become full partners in providing excellent food for our students.
- Provide regular training, at least annually, to teachers and the cafeteria staff on basic nutrition, nutrition education, and the benefits of organic and sustainable agriculture.

A Garden in Every School

The garden classroom is an ideal setting in which students begin to understand the complexities of natural systems and the need to conserve resources. The garden classroom in the Lagunitas Elementary School District integrates curriculum which promotes awareness of the relationship between the way food is grown, the environment, and health.

An integrated curriculum utilizes the garden as a context for teaching subject matter in the state frameworks. Math, history, science, literature, writing, art and music-all can be

associated with activities in the garden and these subjects can be enriched and anchored by the energy and excitement found in the garden classroom.

Through studying the entire food system, from seed to plate, students come to understand how food reaches the table and the relationship of agriculture and environment. The garden classroom is used to illustrate cycles and systems, such as soil fertility, waste cycles, and watersheds.

As students come to understand their relationship to natural systems and cycle, they can begin to form a context for more sustainable and equitable patterns of living. Key to this understanding is the little garden at the school and lessons it has to teach.

The partners in this effort share a common vision of sustainability and concern for our children and their future. They recognize a need to understand our place in nature, and to know more about food and ecosystems and the cycles of life in order to create sustainable communities.

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