

LAS LOMITAS ELEMENTARY SCHOOL DISTRICT

Board Policy

Students

BP 5030

STUDENT WELLNESS

The Governing Board recognizes the link between student health and learning and is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

The Superintendent or designee shall convene a school wellness committee of parents/guardians, students (as appropriate), school administrator, Board member, and representatives from the community to develop a district-wide wellness policy.

Components of this policy shall include:

1. school-based programs that promote student wellness such as nutrition education and a comprehensive physical education program K-8.
2. nutrition guidelines for foods available at both schools during the school day that promote student health and reduce childhood obesity.
3. assurances that reimbursable school meals comply with federal regulations *[NSLP]*.
4. a plan for measuring the implementation of this policy.

Legal References:

Education Code

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

49500-49505 School meals

49510-49520 Nutrition

49530-49536 Child Nutrition Act

49570 National School Lunch Act

51222 Physical education

51223 Physical education, elementary schools

Implemented: April 19, 2006

Renumbered: May 17, 2006

LAS LOMITAS ELEMENTARY SCHOOL DISTRICT
Administrative Regulations

STUDENTS

AR 5030

Student Wellness

Based on the recommendations of the Superintendent's school wellness committee, the Board will approve a program to promote student wellness that includes, but is not necessarily limited to, the following topics and content guidelines:

1. Nutrition education
Sequential nutrition education is to be provided and promoted.
2. Physical activity
Patterns of meaningful physical activity should connect to students' lives outside of physical education.
3. Other school-based activities
All school-based activities should be consistent with local wellness policy goals.
4. Nutrition guidelines for all foods on campus
Food (including the PTA lunch program) must comply with federal, state and local requirements and be accessible to all children.
5. Eating environment
Sufficient time is to be allocated for eating meals, and the eating environment is to be safe and comfortable.
6. Child nutrition operations
All foods and beverages made available on campus during the school day are to be consistent with current Dietary Guidelines for Americans.
7. Food safety/food security
All foods made available on campus must meet food safety and security guidelines.

First Implementation: April 19, 2006
Renumbered: May 17, 2006