

Lemoore Union Elementary School District Student Wellness Policy

BP 5030

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Lemoore Union Elementary School District
"Building the Foundation for Success"

2016-2017 Wellness Committee Members
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Lemoore Union ESD Student Wellness Policy

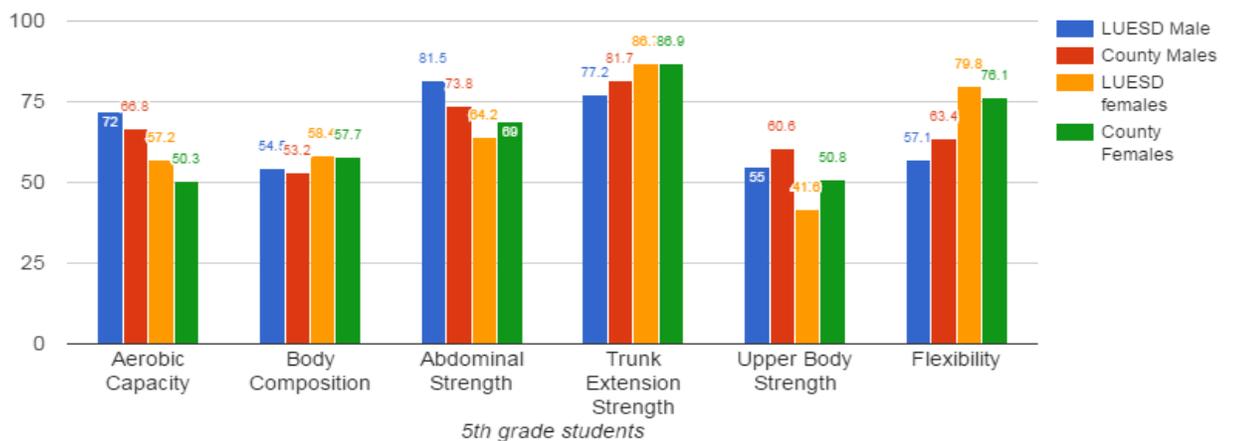
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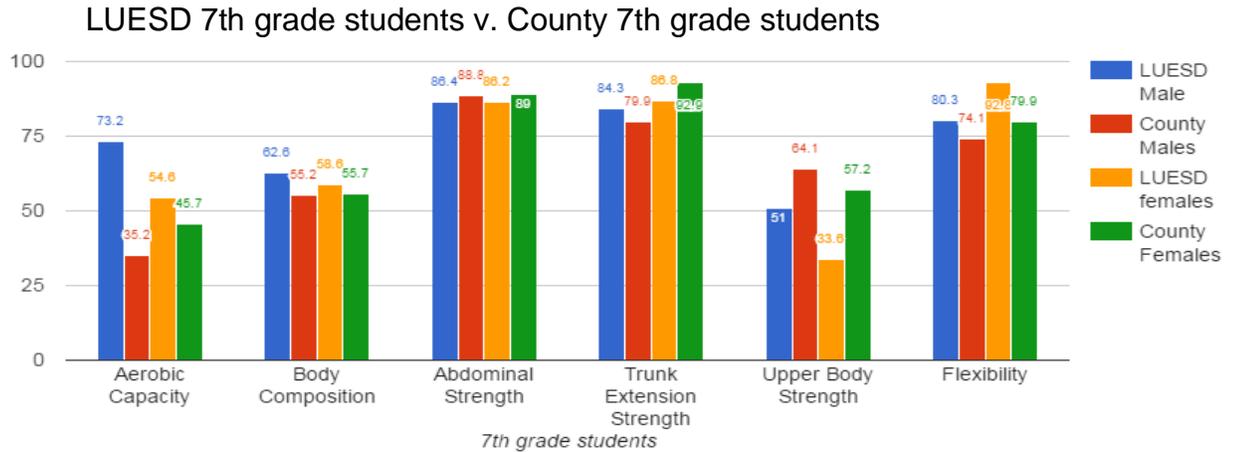
The Governing Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for district students. The Superintendent or designee shall coordinate and align district efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment. In addition, the Superintendent or designee shall develop strategies for promoting staff wellness and for involving parents/guardians and the community in reinforcing students' understanding and appreciation of the importance of a healthy lifestyle.

Our school district is committed to serving healthy meals to children with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams of trans-fat per service (nutrition label or manufacturer's specification), and to meet the nutritional needs of school children within the calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preference and special dietary needs.

The District examines data annually regarding students' overall health. Below are the results for the 2015-2016 school year Physical Fitness Test for all 5th and 7th grade students by gender.

LUESD 5th grade students v. County 5th grade students





In Kings County, 21% of residents live below the federal poverty level. The per capita income in Kings is just \$18,518/year, compared to \$29,906 statewide.

Considering the correlation between poverty and obesity, the 'Burden of Diabetes in California' report indicates that the percent of adults with diabetes is twice as high in families with incomes below 200% of federal poverty level, compared to those with incomes above 300% of federal poverty level.

Unfortunately, the County fares just as poorly in the realm of obesity, a risk factor for diabetes, among a broad range of serious health conditions. According to the 2014 report *Obesity in California: The Weight of the State, 2000-2012*,

- The prevalence rate for obesity in adults in Kings County is estimated at 36.6%, which is approximately 35,000 people.
- The statewide prevalence rate for the same period is 25.4%.
- Among low-income children, the 5 – 19 year old group is at 25.7% prevalence; a ranking of 49 out of the 53 counties ranked.
- Obesity prevalence among the 2-4 year old population is 20.5%, placing that group at 52 out of the 53 counties ranked, and making it one of only two counties with obesity rates greater than 20% in this age group.

All three of these prevalence rates far exceed the Healthy People 2020 targets, and demonstrate the need for more robust intervention and prevention in Kings County. These measures indicate that Kings County residents are at tremendous risk for health disparities, often bearing a disproportionate burden of the social determinants of health.

For the 2016-2017 school year, LUESD has 125 students of the 3,233 (3.9%) enrolled in the district have food allergies. Sixty of these students have a current special meals form on file. The most common food allergies are: peanuts (oil, butter), tree nuts, dairy products, fish (shellfish/seafood), eggs, and strawberries. According to Food Allergy Research and Education one in thirteen (1:13) students have a severe food allergy.

Nationwide, this equates to 2 students per classroom.
(<https://www.foodallergy.org/facts-and-stats>)

II. School Health Council/Committee

The Superintendent or designee shall encourage parents/guardians, students, food service employees, physical education teachers, school health professionals, Board members, school administrators, and members of the public to participate in the development, implementation, and periodic review and update of the district's student wellness policy. ¹

To fulfill this requirement, the Superintendent or designee may appoint a school wellness council or other district committee and a wellness council coordinator. The council may include representatives of the groups listed above, as well as health educators, curriculum directors, counselors, before- and after-school program staff, health practitioners, and/or others interested in school health issues. ² The Superintendent or designee may make available to the public and school community a list of the names, position titles, and contact information of the wellness council members.

The wellness council shall advise the district on health-related issues, activities, policies, and programs. At the discretion of the Superintendent or designee, the duties of the council/committee may also include the planning, implementation, and evaluation of activities to promote health within the school or community.

III. Goals for Nutrition, Physical Activity, and Other Wellness Activities

The Board shall adopt goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. In developing such goals, the Board shall review and consider evidence-based strategies and techniques. ³

The district's nutrition education and physical education programs shall be based on research, shall be consistent with the expectations established in the state's curriculum frameworks and content standards, and shall be designed to build the skills and knowledge that all students need to maintain a healthy lifestyle. ⁴

The nutrition education program shall include, but is not limited to, information about the benefits of healthy eating for learning, disease prevention, weight management, and oral health. Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the

¹ (42 USC 1758b, 7 CFR 210.30)

² (cf. 1220-Citizen Advisory Committees; cf. 9140-Board Representatives)

³ (42 USC 1758b; 7 CFR 210.30) (cf. 0000-Vision; cf. 0200-Goals for the School District)

⁴ (cf. 6011 - Academic Standards), (cf. 6142.7 - Physical Education and Activity), (cf. 6142.8 Comprehensive Health Education), (cf. 6143 - Courses of Study)

regular educational program, before- and after-school programs, summer learning programs, and school garden programs.⁵

Social-Emotional Education. Healthy social-emotional development (capacity for self-confidence, trust, and empathy) in children correlates with healthy cognitive development and creates a strong foundation for school achievement. Young children who are socially and emotionally healthy have a greater chance of achieving success in school and in life. LUESD is committed to student wellness both physically and mentally. The district will work to provide opportunities for teachers' continuing education in mental health subject matters, working to create awareness and reduce the stigma of mental health.

Daily Physical Education (P.E.) K-8. All students in grades K-8, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 200 minutes/every 10 days) for the entire school year. Students will be taught by a certificated teacher. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

All students shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.⁶

Daily Recess. All transitional kindergarten students through sixth grade students will have at least 30 minutes a day of supervised recess, preferably outdoors, during which time staff should encourage moderate to vigorous physical activity.

The Board may enter into a joint use agreement or memorandum of understanding to make district facilities or grounds available for recreational or sports activities outside the school day and/or to use community facilities to expand students' access to opportunity for physical activity.⁷

Professional development shall be regularly offered to the nutrition program director, managers, and staff, as well as health education teachers, physical education teachers, coaches, activity supervisors, and other staff as appropriate to enhance their knowledge and skills related to student health and wellness.

⁵ (cf. 5148.2 - Before/After School Programs), (cf. 6177 - Summer Learning Programs)

⁶ (cf. 5142.2 - Safe Routes to School Program), (cf. 6145 - Extracurricular and Cocurricular Activities)
(cf. 6145.2 - Athletic Competition)

⁷ (cf. 1330.1 - Joint Use Agreements)

The Superintendent or designee may 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, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

In order to ensure that students have access to comprehensive health services, the district may provide access to health services at or near district schools and/or may provide referrals to community resources.

The Board recognizes that a safe, positive school environment is also conducive to students' physical and mental health and thus prohibits bullying and harassment of all students, including bullying on the basis of weight or health condition.⁸

The Superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness. He/she shall promote worksite wellness programs and may provide opportunities for regular physical activity among employees.

IV. Nutritional Guidelines for Foods Available at School

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

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 and after-school snack programs, to the extent possible. When approved by the California Department of Education, the district may sponsor a summer meal program.⁹

School Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;
- serve only low-fat (1%) and fat-free milk (maximum 20g sugars) and nutritionally-equivalent non-dairy alternatives (as defined by USDA); and ensure that half of the served grains are whole grain.

⁸ (cf. 5131.2 - Bullying), (cf. 5145.3 - Nondiscrimination/Harassment)

⁹ (cf. 3550 - Food Service/Child Nutrition Program), (cf. 3552 - Summer Meal Program), (cf. 3553 - Free and Reduced Price Meals), (cf. 5141.27 - Food Allergies/Special Dietary Needs), (cf. 5148 - Child Care and Development) (cf. 5148.3 - Preschool/Early Childhood Education)

Water. The Superintendent or designee shall provide access to free, potable water during meal times in the food service area in accordance with Education Code 38086 and 42 USC 1758, and shall encourage students' consumption of water by educating them about the health benefits of water and serving water in an appealing manner.

Sharing of Foods and Beverages. Schools will discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

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

¹⁰ The Superintendent also shall encourage school staff to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior.

Healthy Food Ideas. The following list are recommended healthy food items that are encouraged to replace unhealthy food items.

- Low-fat or nonfat plain or flavored milk, 100% juice, water, flavored/sparkling water (without added sugars or sweeteners), sparkling punch (seltzer and 100% fruit juice)
- Fruit smoothies (blend berries, bananas, and pineapple)
- Fresh fruit assortment, fruit and cheese kabobs, fruit salad, fruit with low fat whipped topping
- Dried fruit (raisins, cranberries, apricots, banana chips), 100% fruit snacks
- Vegetable trays with low-fat dip, celery and carrots
- Whole-grain crackers with cheese cubes, string cheese or hummus
- Waffles or pancakes topped with fruit
- Pretzels, low-fat popcorn, rice cakes, bread sticks, graham crackers and animal crackers
- Angel food cake, plain or topped with fruit
- Bagel slices with peanut butter or jam, fruit or grain muffin (low fat), whole wheat English muffin, hot pretzels.
- Pizza with low-fat toppings (vegetables, lean ham, Canadian bacon) pizza dippers with marinara sauce
- Ham, cheese, or turkey sandwiches or wraps (low-fat condiments)
- Low-fat pudding, low-fat yogurt, squeezable yogurt, yogurt smoothies, yogurt parfaits or banana splits (yogurt and fruit topped with cereal, granola, or crushed graham crackers)
- Quesadillas or bean burritos with salsa
- Low-fat breakfast or granola bars

¹⁰ (cf. 3312 - Contracts), (cf. 3554 - Other Food Sales)

- Low-fat tortillas chips with salsa or bean dip
- Trail/cereal mix (whole-grain, low sugar cereals mixed with dried fruit, pretzels, etc.)

****Classroom teachers must consult with the school health office at least one week in advance in regards to student food allergies when food will be offered.**

Celebrations. All celebrations must comply with board policies including those regarding food allergies and special dietary needs. Schools should limit celebrations that involve food during the school day. Class parties or celebrations shall be held after the lunch period, unless food is provided by the child nutrition department. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages.

<http://www.californiaprojectlean.org/docuserfiles/Middle%20High%20Nut%20Standards%20JUne%202010.pdf>

All food items brought to school must have ingredient/nutrition labels in order to comply with the district Wellness Policy. **Parents/guardians must consult with the classroom teacher at least 10 days prior to the event in order to discuss bringing any food items to the classroom.** Food items need to be brought to the school office no later than 9:00am the day of the event.

Food brought to school without prior approval from classroom teacher will not be accepted.

Rewards. Schools are discouraged from rewarding students with foods or beverages. Whenever possible, non-food items should be considered for rewards. Food or beverages will not be withheld as punishment.

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.

The following is a list of healthy party ideas for parents and teachers.

Healthy Snack and Celebration Ideas

Ideas from http://cspinet.org/new/pdf/healthy_school_celebrations.pdf

Ways to celebrate a birthday and recognize a child on their special day:

- Make a sign, sash, crown, button, or badge for the birthday child.
- Let the birthday child be the teacher's assistant for the day; they can do special tasks like make deliveries to the office or be the line leader
- Let the birthday child choose an activity or game
- Allow the student to pick a book and ask the principal or a parent to come and read it

- Play an indoor game of the student's choice.

Healthy Holidays

<p style="text-align: center;">September</p> <p>Set the right tone for this year's parties. Keep in mind these healthy party tips:</p> <ol style="list-style-type: none"> 1. Celebrate without food; shift the focus from food to fun. 2. Limit each party to include no more than one junk food item. 3. Create a healthy snack list and have parents sign up to bring a healthy snack. (See page 4). 	<p style="text-align: center;">October</p> <p>Kids will get plenty of candy trick-or-treating. Try to keep the focus on fun at school.</p> <ul style="list-style-type: none"> • Focus on the costumes! Have a parade or costume contest. • Instead of candy, try small toys like: stickers, small plastic spiders or ghosts, spooky plastic rings or false teeth. • Decorate pillowcases or bags for trick-or-treating. <p>Healthy Party Snacks:</p> <ul style="list-style-type: none"> • Apple Cider • Apples with caramel or yogurt dip • Roasted pumpkin seeds • Snack cups of canned peaches or mandarin oranges (canned in juice or light syrup) • Oranges, cantaloupe, tangerines, mangoes or dried peaches • Carrots with low-fat ranch dressing • Use Halloween cookie cutters to make sandwiches or fruit look • Frightfully delicious!
<p style="text-align: center;">November</p> <ul style="list-style-type: none"> • Have students write or draw a picture about what they are thankful for and share it with the class. • Create a garland of gratitude. Cut leaf shapes out of construction paper and then crinkle them up to create the lines in a leaf. Flatten them out and have children write what they are grateful for. Use a piece of string and tape the stem of the leaf over the string. Display garland in class. • Do a service project as a class field trip. <p>Healthy Party Snacks:</p> <ul style="list-style-type: none"> • Turkey roll ups • Spread apple butter on whole grain English muffins or graham crackers • Serve warm apple cider 	<p style="text-align: center;">December/January</p> <ul style="list-style-type: none"> • Have students make holiday cards for nursing home residents or decorate pillow cases to give to a homeless shelter. • Go caroling and sing for other classes or at a senior center. Decorate the classroom with a winter theme (snowflakes, snowmen snow angels). • Collect personal care products and prepare kits for a homeless shelter or take a service project field trip to visit a nursing home, homeless shelter, or a food bank. • Make snow globes out of baby food jars and white glitter or plastic snowflakes, Fill with water until a half inch is left at the top (use a hot glue gun to seal the lid). <p>Healthy Party Snacks:</p> <ul style="list-style-type: none"> • Hollow out red and green peppers and fill them with a dip like low-fat ranch, hummus or guacamole and serve with vegetables • Make fruit kabobs and alternate red and green grapes or red/green apples • Serve green beans, broccoli, and tomatoes with a low-fat dip

<p style="text-align: center;">February</p> <ul style="list-style-type: none"> ● Have students write down one positive comment about each classmate, e.g, you're a good friend, you have a nice smile, or you are fun, and pass them out. ● Create a Valentine's Day card holder. (Cut a paper plate in half, have children paint or color the plate and write their name on it. Use a hole punch to cut holes around the bottom curve of the plate. Stitch the two halves together with colorful ribbon or string. Make a handle with the string so children can hang them at their desk). <p>Healthy Party Snacks:</p> <ul style="list-style-type: none"> ● Have cherry tomatoes and red peppers served with hummus or ranch dressing ● Serve strawberries, raspberries, dried cranberries, red grapes, pomegranate, or apple slices ● Very Berry pink smoothies (see smoothie recipe and use strawberries for the fruit) 	<p style="text-align: center;">March</p> <ul style="list-style-type: none"> ● Teach an Irish step dance. ● Decorate the room with shamrocks made from construction paper. ● Plan a St. Paddy's day scavenger hunt that leads to a pot of gold filled with treasures, such as markers, pens, pencils, erasers, etc. ● Read about Irish history or a story about St. Patrick. <p>Healthy Party Snacks: Make It a "Green" Day</p> <ul style="list-style-type: none"> ● Serve kiwi (cut in half and serve with a spoon) ● Have cucumbers, celery sticks, broccoli, sugar snap peas, green beans, or green peppers with hummus or a low-fat dressing like ranch or thousand island ● Serve whole grain tortilla chips with guacamole ● Try edamame (pronounced "eh-dah-MAH-may"). It is fun to eat and easy to serve
<p style="text-align: center;">April/May</p> <ul style="list-style-type: none"> ● Plan a nature walk to see plants reawakening in the spring weather. ● Decorate plastic eggs with paints, glitter and stickers and put physical activity messages on the inside (each hop on one leg 5 times OR do 6 jumping jacks). Have an egg hunt and kids can act on the messages. ● Decorate flower pots for parents and plant a flower or seed. ● Have parents donate plants that children can plant in the school yard or at a housing project, senior center or other community site. <p>Healthy Party Snacks</p> <ul style="list-style-type: none"> ● Carrot muffins ● Carrots with hummus or a low-fat ranch dressing ● Berries with Cool Whip ● Fruit Smoothies 	<p style="text-align: center;">June</p> <p>With the end of school comes numerous celebrations. Keep the focus away from food and plan activities to highlight the end of the school year and the coming of summer.</p> <ul style="list-style-type: none"> ● Fresh produce is easier to come by in summer. Talk about fruits from around the world and discuss where they originated. ● Have a tasting party with star fruit, papaya, mango, kiwi, guava, and/or pineapple. ● Visit a local farm, garden or orchard to learn about fruits and vegetables that grow in your area. ● Have children make a collage or write a story about what they plan to do over the summer. ● Have students write stories or put together items that remind them of the past school year and take them home. ● Plan an outdoor game/activity to enjoy the warmer weather.

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. Class parties or celebrations shall be held after the lunch period when possible. Parent Teacher Clubs are encouraged to create "party packages," for class celebrations or fundraising. These are goodie bags with non-food or healthy food items.

To reinforce the district's nutrition education program, the Board prohibits the marketing and advertising of foods and beverages that do not meet nutrition standards for the sale of foods and beverages on campus during the school day. (7 CFR 210.30)¹¹

V. Fundraising Activities

The Superintendent or designee shall encourage school organizations to use healthy food items or non-food items for fundraising purposes. Schools will encourage fundraising activities that promote physical activity (i.e.: jog-a-thon, walk-a-thon, mile club, etc).

VI. Monitoring and Policy Review

Monitoring. The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee.

School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent (or if done at the school level, to the school principal). In addition, the school district will report on the most recent USDA meal program Administrative Review findings and any resulting changes.

The Superintendent or designee shall assess the implementation and effectiveness of this policy at least once every three years. (42 USC 1758b; 7 CFR 210.30)

The assessment shall include the extent to which district schools are in compliance with this policy, the extent to which this policy compares to model wellness policies available from the U.S. Department of Agriculture, and a description of the progress made in attaining the goals of the wellness policy. (42 USC 1758b)

The Superintendent or designee shall invite feedback on district and school wellness activities from food service personnel, school administrators, the wellness council, parents/guardians, students, teachers, before- and after-school program staff, and/or

¹¹ (cf. 1325 - Advertising and Promotion)

other appropriate persons. The district, wellness council, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

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

The Board and the Superintendent or designee shall establish indicators that will be used to measure the implementation and effectiveness of the district activities related to student wellness. Such indicators may include, but are not limited to:

1. Descriptions of the district's nutrition education, physical education, and health education curricula and the extent to which they align with state academic content standards and legal requirements
2. An analysis of the nutritional content of school meals and snacks served in all district programs, based on a sample of menus and production records
3. Student participation rates in all school meal and/or snack programs, including the number of students enrolled in the free and reduced-price meals program compared to the number of students eligible for that program
4. Extent to which foods sold on campus outside the food services program, such as through vending machines, student stores, or fundraisers, comply with nutritional standards
5. Extent to which other foods and beverages that are distributed by staff on campus during the school day, such as foods and beverages for classroom parties, school celebrations, and rewards/incentives, comply with nutrition standards, as referenced in section IV of the wellness plan. Parents are encouraged to follow nutritional guidelines for snacks brought to school.
6. Results of the state's physical fitness test at applicable grade levels
7. Number of minutes of physical education offered at each grade span, and the estimated percentage of class time spent in moderate to vigorous physical activity.
8. A description of district efforts to provide additional opportunities for physical activity outside of the physical education program

9. A description of other district-wide or school-based wellness activities offered, including the number of sites and/or students participating, as appropriate. As feasible, the assessment report may include a comparison of results across multiple years, a comparison of district data with county, statewide, or national data, and/or a comparison of wellness data with other student outcomes such as academic indicators or student discipline rates.

In addition, the Superintendent or designee shall prepare and maintain the proper documentation and records needed for the administrative review of the district's wellness policy conducted by the California Department of Education (CDE) every three years.

The assessment results of both state and district evaluations shall be submitted to the Board for the purposes of evaluating policy and practice, recognizing accomplishments, and making policy adjustments as needed to focus district resources and efforts on actions that are most likely to make a positive impact on student health and achievement.

Notifications

The Superintendent or designee shall inform the public about the content and implementation of the district's wellness policy and shall make the policy, and any updates to the policy, available to the public on an annual basis. He/she shall also inform the public of the district's progress towards meeting the goals of the wellness policy, including the availability of the triennial district assessment.¹²

The Superintendent or designee shall distribute this information through the most effective methods of communication, including district or school newsletters, handouts, parent/guardian meetings, district and school web sites, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and wellness and academic performance.

Each school may post a summary of nutrition and physical activity laws and regulations prepared by the California Department of Education.

Records

The Superintendent or designee shall retain records that document compliance with 7 CFR 210.30, including, but not limited to, the written student wellness policy, documentation of the triennial assessment of the wellness policy for each school site, and documentation demonstrating compliance with the community involvement requirements, including requirements to make the policy and assessment results available to the public. (7 CFR 210.30)

¹² (Education Code 49432; 42 USC 1758b; 7 CFR 210.30), (cf. 5145.6-Parental Notifications)

Legal References

Legal Reference:

EDUCATION CODE

33350-33354 *CDE responsibilities re: physical education*
38086 *Free fresh drinking water*
49430-49434 *Pupil Nutrition, Health, and Achievement Act of 2001*
49490-49494 *School breakfast and lunch programs*
49500-49505 *School meals*
49510-49520 *Nutrition*
49530-49536 *Child Nutrition Act*
49540-49546 *Child care food program*
49547-49548.3 *Comprehensive nutrition services*
49550-49562 *Meals for needy students*
49565-49565.8 *California Fresh Start pilot program*
49570 *National School Lunch Act*
51210 *Course of study, grades 1-6*
51210.1-51210.2 *Physical education, grades 1-6*
51210.4 *Nutrition education*
51220 *Course of study, grades 7-12*
51222 *Physical education*
51223 *Physical education, elementary schools*
51795-51798 *School instructional gardens*
51880-51921 *Comprehensive health education*

CODE OF REGULATIONS, TITLE 5

15500-15501 *Food sales by student organizations*
15510 *Mandatory meals for needy students*
15530-15535 *Nutrition education*
15550-15565 *School lunch and breakfast programs*

UNITED STATES CODE, TITLE 42

1751-1769j *National School Lunch Program, especially:*
1758b *Local wellness policy*
1771-1793 *Child Nutrition Act, especially:*
1773 *School Breakfast Program*
1779 *Rules and regulations, Child Nutrition Act*

CODE OF FEDERAL REGULATIONS, TITLE 7

210.1-210.33 *National School Lunch Program, especially:*
210.30 *Wellness policy*
220.1-220.22 *National School Breakfast Program*

COURT DECISIONS

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

Management Resources:

CSBA PUBLICATIONS

Integrating Physical Activity into the School Day, Governance Brief, April 2016
Increasing Access to Drinking Water in Schools, Policy Brief, April 2013
Monitoring for Success: A Guide for Assessing and Strengthening Student Wellness Policies, rev. 2012
Nutrition Standards for Schools: Implications for Student Wellness, Policy Brief, rev. April 2012

Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. 2012
Physical Activity and Physical Education in California Schools, Research Brief, April 2010
Building Healthy Communities: A School Leader's Guide to Collaboration and Community Engagement, 2009

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Safe Routes to School: Program and Policy Strategies for School Districts, Policy Brief, 2009
Physical Education and California Schools, Policy Brief, rev. October 2007
School-Based Marketing of Foods and Beverages: Policy Implications for School Boards, Policy Brief, March 2006

CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS

Physical Education Framework for California Public Schools, Kindergarten Through Grade Twelve, 2009
Health Framework for California Public Schools, Kindergarten Through Grade Twelve, 2003

CALIFORNIA PROJECT LEAN PUBLICATIONS

Policy in Action: A Guide to Implementing Your Local School Wellness Policy, October 2006

CENTER FOR COLLABORATIVE SOLUTIONS

Changing Lives, Saving Lives: A Step-by-Step Guide to Developing Exemplary Practices in Healthy Eating, Physical Activity and Food Security in Afterschool Programs, January 2015

CENTERS FOR DISEASE CONTROL AND PREVENTION PUBLICATIONS

School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide, rev. 2012

FEDERAL REGISTER

Rules and Regulations, July 29, 2016, Vol. 81, Number 146, pages 50151-50170

NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION PUBLICATIONS

Fit, Healthy and Ready to Learn, rev. 2012

U.S. DEPARTMENT OF AGRICULTURE PUBLICATIONS

Dietary Guidelines for Americans, 2016

WEB SITES

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

Action for Healthy Kids: <http://www.actionforhealthykids.org>

Alliance for a Healthier Generation: <http://www.healthiergeneration.org>

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

California Department of Public Health: <http://www.cdph.ca.gov>

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

California Project LEAN (Leaders Encouraging Activity and Nutrition): <http://www.californiaprojectlean.org>

California School Nutrition Association: <http://www.calsna.org>

Center for Collaborative Solutions: <http://www.ccscenter.org>

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

Dairy Council of California: <http://www.dairycouncilofca.org>

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

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

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

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

U.S. Department of Agriculture, Food Nutrition Service, wellness policy:

<http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>

U.S. Department of Agriculture, Healthy Meals Resource System: <http://healthymeals.fns.usda.gov>

Smarter School Lunches Program <http://smarterlunchrooms.org/about-us>

School Lunch Program

Policy LEMOORE UNION ELEMENTARY SCHOOL DISTRICT

Adopted: March 14, 2017 **Lemoore, California**
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