

LCMSD WELLNESS POLICY



**LARKSPUR-
CORTE MADERA
SCHOOL DISTRICT**

The Larkspur-Corte Madera School District (“LCMSD”) is committed to creating and maintaining school environments that promote and protect children’s health, well-being, and ability to learn by supporting healthy eating and physical activity.

The LCMSD Board of Trustees (the “Board”) shall utilize the Health & Wellness Committee, consisting of parents/guardians, students, teachers, school food service professionals, school administrators, health professionals and Board representatives.

This policy outlines the District’s approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Nutrition guidelines for all foods and beverages available daily on each campus will be established and will meet the nutritional recommendations of the U.S Dietary Guidelines for Americans and will follow California Education Code.
- All LCMSD students in grades K-8 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Each school will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish a link between health education, school meal programs, and related community services.
- LCMSD will provide a safe and healthy school environment that ensures that students and adults are physically and emotionally safe.

LCMSD shall develop, adopt, and implement a comprehensive plan for a thorough, well-coordinated school health program that shall:

- Be designed in response to demonstrated needs in the community.
- Be based on models that demonstrate evidence of effectiveness.
- Emphasize a positive youth development approach.
- Make efficient use of school and community resources.
- Respond to families' needs and preference.

The coordinated school health program shall incorporate the following six components within a single framework:

1. A school environment that is safe; that is physically, socially, and psychologically healthy; and that promotes health-enhancing behaviors.

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2. A sequential physical education curriculum taught in every grade, K-8, that involves moderate to vigorous physical activity; that teaches knowledge, motor skills, and positive attitudes; that promotes activities and sports that all students enjoy and can pursue throughout their lives; that is taught by well-prepared and well-supported staff; and that is coordinated with the comprehensive school health education curriculum.
3. A nutrition services program that includes a food service program that employs well-prepared staff who efficiently offer choices of nutritious foods; and a school environment that encourages students to make healthy food choices.
4. a school health services program that is designed to ensure access or referral to primary health care services; foster appropriate use of healthcare services; prevent and control communicable disease and other health problems; provide emergency care for illness or injury; and is provided by well-qualified and well-supported health professionals.
5. A counseling, psychological, and social services program that is designed to ensure access or referral to assessments, interventions, and other services for students' mental, emotional, and social health and whose services are provided by well-qualified and well-supported professionals.
6. Integrated family and community involvement activities that are designed to engage families as active participants in their children's education; that support the ability of families to support children's school achievement; and that encourage collaboration with community resources and services to respond more effectively to the health-related needs of students.

All LCMSD schools will provide a safe and healthy school environment that supports health literacy and successful learning and ensures that students and adults are physically and emotionally safe. In addition to physical safety, the school environment will reflect a sense of community and mutual support among staff and students.

I. Nutrition Guidelines for All Foods and Beverages

A. School Meals

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 or exceed nutrition requirements established by local, state, and federal statutes and regulations.
- Offer a variety of fruits and vegetables.
- Move toward locally sourced fruits and veggies offering vegetarian and gluten free options.
- Serve only low-fat (1%) and fat-free milk.

LCMSD Food Services will contract with Food Service Management Companies who investigate farm-to-school direct partnerships to obtain locally sourced fruits and vegetables. In addition, schools will share information about the nutritional content of meals with parents and students.

B. Breakfast

LCMSD will implement the School Breakfast program starting in school year 2022-2023.

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On July 9, 2021, Governor Newsom signed Assembly Bill (AB) 130, requiring all public school districts, county offices of education, and charter schools to provide a compliant breakfast and compliant lunch to students that request a meal, free of charge for each school day beginning in school year 2022-23.

C. Free and Reduced Priced Meals

LCMSD will make every effort to eliminate any social stigma attached to, and prevent overt identification of, students who are eligible for free and reduced-price school meals as required by applicable law. To facilitate this effort, LCMSD will utilize electronic identification and payment systems at elementary and middle schools, and promote the availability of healthy school meals to all students. Beginning 2022-23, the Universal Foods requirement will abolish any need for eliminating overtly identifying students. All students eat at no charge.

D. Meal Times and Scheduling

In order to promote a more pleasant and relaxed eating experience for students, schools will:

- Provide enough serving areas so students wait in line for a reasonably short time.
- Strive to provide students with at least 10 minutes to eat after sitting down for breakfast and 15 minutes after sitting down for lunch.
- Schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11a.m. and 1:30p.m.
- Discourage the scheduling of tutoring, club or organizational meetings, or other activities during mealtimes, unless students may eat during such activities.
- Provide students access to and encourage hand washing or hand sanitizing before they eat meals or snacks.

E. Qualifications of School Food Service Staff

Qualified nutrition professionals will administer the school meal programs. As part of LCMSD's responsibility to operate a food service program, continuing professional development will be provided to all nutrition professionals in schools. Staff development programs will include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria staff, according to their levels of responsibility. All employees of LCMSD contracted Food Service Management team will be trained and certified in serving food.

F. Sharing of Foods and Beverages

LCMSD will discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other dietary restrictions.

G. Foods and Beverages Sold Individually

LCMSD will apply the following guidelines for foods and beverages sold individually [on campus] (i.e., foods sold outside of reimbursable school meals, i.e. fundraisers):

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- LCMSD will not sell foods or beverages outside of reimbursable meals at elementary
- Foods and beverages sold individually during the school day, or through programs for students before or after the school day, will meet or exceed the nutrition standards according to applicable law.
- A choice of at least two fruits and/or vegetables will be offered at each location on campus where foods are sold. Such items may include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the legal requirements for fat and sodium).
- LCMSD Food Services will eliminate, or minimize to the extent possible, trans-fats in all foods available on campus.
- LCMSD nurses and school site health assistants will compile a list for each school of students with food allergies.

H. Fundraising Activities

To support children's health and school nutrition-education efforts, LCMSD will encourage all school-based organizations to use non-food items for fundraising, or to use compliant food or beverages as fundraisers and only after the last lunch period. Schools will encourage fundraising activities that promote physical activity. The LCMSD Health & Wellness Committee will disseminate a list of ideas for acceptable fundraising activities to all school sites and school organizations.

I. Snacks

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The LCMSD Health & Wellness Committee will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

J. Celebrations

Schools will limit celebrations that involve food during the school day to no more than one party per class per month. Each school will encourage the use of non-food items for parties, or to use compliant foods or beverages at parties and only after the last lunch period.

K. School-Sponsored Events

LCMSD will discourage the sale of unhealthy food and sugary beverage products at all school-sponsored events (including, but not limited to, athletic events, dances, or performances) during or outside the school day.

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II. Nutrition Education, Promotion, and Food Marketing

A. Nutrition Education and Promotion

LCMSD will teach, encourage, and support healthy eating by students. Schools shall provide nutrition education and engage in nutrition promotion that:

- Offers each grade level a part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.
- Engage in health education classes as well as integrated into other areas of the curriculum, such as math, science, English/language arts and history/social science.
- Promotes fruits, vegetables, whole grain products, healthy dairy and dairy-free products, healthy food preparation methods, and health-enhancing nutrition practices.
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise).

B. Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion. As such, LCMSD and school sites will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually. School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Examples of school-based marketing include, but are not limited to, the following: logos and brand names on books or curricula, textbook covers, school supplies, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; in-school television; free samples or coupons; and food sales through fundraising activities. School-based marketing activities that promote healthful behaviors (and are therefore encouraged) may include: sales of fruit for fundraisers; and coupons for discount gym memberships.

III. Physical Education and Physical Activity Opportunities

LCMSD school sites will provide students in kindergarten through grade eight (K-8) with the opportunity, support, and encouragement to be active physically on a regular basis through physical education instruction and physical activity programs.

Physical activity programs will provide participants with structured activities (games, sports, etc.), unstructured activities (walking programs, dance, etc.), or opportunities to participate in physical activities as part of a daily routine.

The California Department of Education's 2004 Physical Education Model Content Standards for California Public Schools: Kindergarten Through Grade Eight outlines the essential skills and knowledge that all students need for adopting and maintaining a physically active lifestyle. The

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LCMSD physical education program will meet or exceed those standards.

LCMSD supports employees' efforts to improve their personal health and fitness so they can serve as role models and promote the health of others, including students.

A. Minimum Requirements for Physical Education

Physical education in LCMSD is a planned, sequential program of curricula and instruction that helps students develop the knowledge, skills, and confidence necessary for an active lifestyle. All K-8 students (including students with disabilities and/or special health-care needs and those in alternative educational settings) will receive physical education instruction as required by applicable federal and state law with a minimum of:

- 200 minutes for every 10 school days for students in grades 1-6
- 400 minutes for every 10 school days for students in grades 7-8

Temporary exemptions from physical education will be limited to students whose medical conditions do not allow for inclusion in a general, modified, or adapted physical education program. All exemptions must be supported by documentation from the student's healthcare provider.

Adaptive physical education will be provided at all grade levels for students with injuries or other documented limitations.

B. Assessment of Student Learning and Physical Fitness Testing

LCMSD physical education teachers will administer a physical fitness test annually to all students in grades 5 and 7 during the months of February, March, April, or May. LCMSD will make students' fitness test results available to individual students and their parents/guardians.

The annual fitness test results also will be used to assess student learning and the effectiveness of the physical education program, curriculum, and instruction. Staff will have the responsibility of reviewing test results and student progress annually and reporting the results of the review to the Health & Wellness Committee and the LCMSD Board of Trustees.

C. Facilities for Physical Education Instruction

LCMSD will provide appropriate indoor and outdoor physical education facilities so that students may participate in a variety of individual and team sports and activities.

LCMSD's physical education facilities and open spaces at schools will be made available by reservation to students, staff, and community members before and after the school day, on weekends, and during school vacation periods. School administrators will minimize the use of physical education facilities for non-instructional purposes during the school day. School facilities and open spaces also will be made available by reservation to community agencies and organizations that offer physical activity and nutrition programs. LCMSD will promote joint-use agreements or memoranda of understanding with civic and community partners for the use of school facilities. Joint-use agreements will include clauses that provide for care and maintenance of the school facilities.

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D. Appropriate and Inappropriate Uses of Physical Activity

All elementary school students will have at least fifteen adequate minutes per day of supervised recess, preferably outdoors, during which schools will encourage moderate to vigorous physical activity, including the provision of space and equipment. Teachers and other school personnel will not use physical activity (e.g., running laps, push-ups) as punishment.

E. Integrating Physical Activity into the Classroom

For students to embrace regular physical activity as a personal behavior, LCMSD will provide opportunities for physical activity beyond physical education class.

- Schools will discourage extended periods (i.e., periods of two or more hours) of inactivity. For example, when activities such as mandatory school-wide testing necessitate that students must remain indoors for long periods of time, students will be given periodic breaks during which they will be encouraged to stand and be active at a moderate level.
- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities, such as watching television.
- Opportunities for physical activity will be incorporated into other subject lessons, and classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

F. Opportunities for Physical Activity After School

- Schools will offer a range of activities that meet the needs, interests, and abilities of all students, students with disabilities, and students with special healthcare needs.
- LCMSD's elementary schools and middle school will offer extracurricular physical activity programs, such as physical activity clubs, intramural programs, and special events that focus on physical activity. Hall Middle School will continue promoting interscholastic sports programs, as appropriate.
- After school child care and after school enrichment programs will provide and encourage daily periods of moderate-to-vigorous physical activity for all participants, including the provision of space and equipment.

G. Student Safety and Well Being

All LCMSD staff and students will be notified of the rules and procedures that apply to physical activity. School site personnel will assume responsibility for enforcing these rules and procedures, as appropriate.

- LCMSD, working in collaboration with the school sites and community health officials, will communicate and enforce standards for weather and air quality affecting students' participation in outdoor physical activities.
- LCMSD and school sites will ensure that students and staff have access to appropriate hydration (e.g., water or other fluids). School sites will provide and maintain water fountains that are operational and in hygienic condition.

- LCMSD and school sites, in conjunction with a credentialed school nurse, will develop an emergency response system to expedite aid to students and/or staff who are injured or become ill at school. The emergency response system will be communicated to the school community, and the necessary training and practice will take place on a regular basis.
- Facilities and equipment used for physical activity will be properly monitored and maintained to ensure participants' safety.
- School staff having direct responsibility for students will, as allowed by law, receive notification of and may be trained in the use of any medications that their students are authorized to carry and/or use.

IV. Other School-Based Activities

All LCMSD students will have access to a credentialed school nurse or a designated staff member who has current certification in CPR and first aid and is supervised by, and has physical or electronic access to, the school nurse or another duly qualified supervisor of health.

Students at all school sites will have access to credentialed school counselors and psychologists who provide students with support and assistance in making healthy decisions, managing emotions, and coping with crises.

All school-based activities and after school programs, will be aligned with the health and wellness policies adopted by LCMSD.

V. Communications with Parents and the Community

LCMSD and school sites will support parents' efforts to provide a healthy diet and daily physical activity for their children by:

- Sending home health education information including, but not limited to, nutrition information, post nutrition tips on lunch providers website, and provide nutrient analyses of school menus also on lunch providers website.
- Encouraging parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the nutrition standards for individual foods and beverages sold on school grounds.

LCMSD and school sites will provide information about physical education and other school-based physical activity opportunities during and after the school day; and will support parents' efforts to provide their children with opportunities to be active physically outside of school. Such supports will include sharing information about physical activity and physical education through the LCMSD and PTA/PTO websites, newsletter, or other take-home materials, special events, or physical education homework. Parent/guardian communications will emphasize the relationship between student health and academic performance and address the need for consistent health messages between the home and the school environments.

VI. Monitoring, Evaluation, and Policy Review

A. Monitoring

The Superintendent or designee will recommend for Board approval specific indicators used to measure the implementation of the Wellness Policy and feedback from LCMSD Food Services personnel, teachers, administrators, members of the LCMSD Health & Wellness Committee, parents, and other appropriate persons).

- The Superintendent or designee will ensure District-wide and individual school compliance with the adopted District Wellness Policy.
- The Principal or designee will ensure individual school compliance.
- School/District food service staff and other members of the Health & Wellness Committee will provide continued assistance in ensuring policy compliance.

B. Evaluation

Multiple indicators shall be used to assess the implementation and results of each component of LCMSD's Wellness Policy. Health-related behaviors of students shall be surveyed every two years through the California Healthy Kids Survey and annually through both the California Physical Fitness Test and the LCMSD Wellness Improvement Checklist or other like instruments as approved by LCMSD. Pre and post surveys, anecdotal interviews, observation and other research-validated activities may be used. Any curriculum used for instruction shall be Board approved, sequential, developmentally appropriate, medically accurate, and scientifically based or research-validated.

C. Policy Review

- The results of the evaluative measures outlined above will be reviewed by the Health & Wellness Committee on an annual basis to determine compliance and progress toward implementation of the Wellness Policy.
- As necessary, the Wellness Policy will be revised to address changes in state and federal law as well as areas in need of improvement.
- The Board shall review the Wellness Policy to assess its effectiveness and make appropriate adjustments at least every three years.

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1. mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights!
1400 Independence Avenue, SW Washington,
D.C. 20250-9410; 2. fax: 883-256-1665 or 202-690-7442; or 3. email: program.intake@usda.gov
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