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Local School Wellness Policy

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

To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information and/or LPS' student wellness policy to parents/guardians through the student and family handbook, parent/guardian meetings, LPS and school web sites, and/ or other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

School Health Council/Committee
The Superintendent or designee shall permit parents/guardians, students, food service employees, athletic coaches, school health professionals, Board members, school administrators, and members of the public to participate in the development, implementation, and periodic review and update of LPS student wellness policy.

To fulfill this requirement, the Superintendent or designee may appoint a school health council or other committee whose membership shall include representatives of these groups. He/she also may invite participation of other groups or individuals, such as health educators, curriculum directors, counselors, before- and after-school program staff, health practitioners, and/or others interested in school health issues.

Nutrition and Physical Activity Goals
The Board shall adopt goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness.

LPS' nutrition education and physical education promotion shall be designed to build the skills and knowledge that all students need to maintain a healthy lifestyle. Nutrition education also may be offered through before- and after-school programs.

The Board prohibits the marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, free give-aways, or other means.

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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 recess, school athletic programs, extracurricular programs, before- and after-school programs, programs, encouraging students to walk or bicycle to and from school, and other structured and unstructured activities.

The Board may enter into a joint use agreement to make school 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.

The Superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness. He/she shall promote work-site wellness and may provide opportunities for regular physical activity among employees. Professional development may include instructional strategies that assess health knowledge and skills and promote healthy behaviors.

Nutritional Guidelines for Foods Available at School

For all food, available on each campus during the school day, LPS shall adopt nutritional guidelines which are consistent with 42 USC 1773 and 1779 and support the objectives of promoting student health and reducing childhood obesity. As a charter school, the school is exempt from California state regulations regarding competitive food and beverage sales with the exception of those regulations regarding trans fats. LPS schools shall comply with federal regulations regarding Foods of Minimal Nutritional Value.

The Board believes that foods and beverages available to students at LPS schools should support healthy living practices and promote optimal health, taking into consideration the needs of students with special dietary needs. Nutritional standards adopted by LPS for all foods and beverages sold to students, including foods and beverages provided through LPS' food service program, student stores, vending machines, or other venues, shall meet or exceed state and federal nutritional standards.

In order to maximize LPS' ability to provide nutritious meals and snacks, all LPS 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, LPS may sponsor a summer meal program.

The Superintendent or designee shall encourage school organizations to use healthy food items or non-food items for fundraising purposes. He/she also shall encourage school staff to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior.

School staff shall encourage parents/guardians or other volunteers to support LPS' 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.

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Program Implementation and Evaluation
The Superintendent shall designate one or more LPS or school employees, as appropriate, to ensure that each school site complies with this policy.

The Superintendent or designee shall inform and update the public, including parents/guardians, students, and others in the community, about the contents and implementation of this policy. He/she shall periodically measure and make available to the public an assessment of the extent to which LPS 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.

To determine whether the policy is being effectively implemented LPS-wide and at each LPS school, the following indicators may be used:

1. Descriptions of the LPS' nutrition education, physical education, and health education offerings

2. Number and type of exemptions granted from physical education

3. Results of the state's physical fitness test

4. An analysis of the nutritional content of meals served based on a sample of menus

5. Student participation rates in school meal programs, compared to percentage of students eligible for free and reduced-price meals

6. Feedback from food service personnel, school administrators, the school health council, parents/guardians, students, teachers, before- and after-school program staff, and/or other appropriate persons

7. Any other indicators recommended by the Superintendent or designee.

Posting Requirements
Each school shall post LPS' policies and regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas.