

Vaughn's Local School Wellness Policy (LSWP)

I. Introduction

Student Wellness

Vaughn recognizes the link between student health and learning and commits to provide a comprehensive program promoting healthy eating and physical activity for students. The Executive Director or designee shall coordinate and align 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 Executive Director 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.

The Executive Director or designee shall encourage parents, students, staff, and the public to participate in the development, implementation, periodic review, and update of Vaughn's LSWP.

II. Local School Wellness Committee [Partnership subcommittee]

Role and Membership

Vaughn will convene a representative wellness committee that will include the below mentioned personnel, parent participants, and community partners to establish goals and oversee school health and safety policies and programs. This council will meet at a minimum of four times per year. The council objectives will include the development, implementation, monitoring, update, and review of this LSWP. The council will evaluate progress and provide any updates to the public annually. Additionally, the policy will be reviewed and assessed on the progress made in attaining goals on a triennial basis.

Vaughn's Partnership School Wellness Committee (SWC) shall advise stakeholders on health-related issues, activities, policies, and programs. The duties of the council include the planning, implementation, monitoring, and evaluation of activities to promote health within the school and community.

Leadership

The Executive Director will designate the lead administrator for SWC to convene the LSWP and facilitate its development, updates, and compliance.

III. LSWP Goals, Implementation, Monitoring, and Accountability

Implementation and Monitoring Plan

Vaughn will develop, implement and maintain the wellness policy. The plan delineates roles, responsibilities, actions and timelines specific to nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and

education, physical activity, physical education, and who will be responsible to evaluate, make identified changes and create aligned goals and objectives that promote student wellness. This wellness policy and the progress reports can be found at: Vaughn Central Offices and at www.myvaughncharter.com

Vaughn’s indicators include:

- **Nutritional Content of School Meals** – Vaughn will analyze the nutritional content of school meals and snacks served, based on a sample of menus and production records.
- **Evaluate Students’ Acceptance** – Vaughn will periodically, evaluate students’ acceptance through observation and documentation of meal consumption.
- **Meal Times and Scheduling Schools** – Vaughn will provide students with at least 10 minutes to eat after sitting down for breakfast and 15 minutes after sitting down for lunch; lunch should be scheduled between 10 a.m. and 1 p.m.
- **State Fitness Test** – Vaughn will analyze results of the state’s physical fitness test at applicable grade levels.
- **Physical Education Minutes** – Vaughn will monitor the 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, based on the California Physical Education Content Standards.
- **Additional Physical and Wellness Activities** – Vaughn will provide additional school-wide wellness activities, workshops, and forums for students, parents, and community. For example, opportunities for physical activity outside of the physical education program through recess/nutrition/lunch time, school organized physical activity events, 5K Community Fun Run, Jog-A-Thon, sport programs, and /or other physical events.
- **Parent Engagement** – Vaughn will support parents’ efforts to provide a healthy diet and daily physical activity for their children. Vaughn will offer healthy eating seminars for parents, provide nutrition information, post nutrition tips on school websites, and provide monthly school menus. Schools should encourage parents to pack healthy snacks and refrain from including beverages and foods that do not meet nutrition standards.
- **Fundraising of Food Items-** Vaughn is committed to ensuring that food fundraisers are approved by our SWC to promote healthy eating habits.

Accountability

Measurable Area	Collectible Measure	Monitoring Designee/s	Timeline
Nutritional Content of School Meals	● Nutrient analysis	Food Service Director	Monthly
Evaluate Students’ Acceptance and Environment of School Meals	● Documentation of food consumption	Cafeteria Managers	Monthly

Meal Times and Scheduling Schools	<ul style="list-style-type: none"> Documentation of bell schedules and physical education/enrichment minutes 	Administrator/s, Food Service Director	Monthly
State Fitness Test	<ul style="list-style-type: none"> Annual state results 	Administrator/s	Yearly
Physical Education Minutes	<ul style="list-style-type: none"> Master schedules, P.E. class pacing plans 	Administrator/s, Physical Education Teachers	Semester, year
Additional Physical and Wellness Activities	<ul style="list-style-type: none"> Event sign-ins and flyers (targeted audience) 	Administrator/s, Family and Community Center Coordinator	Monthly
Parent Engagement	<ul style="list-style-type: none"> Event sign-ins and flyers (targeted audience) 	Administrator/s, Family and Community Center Coordinator, Office Managers	Monthly
Fundraising of food items	<ul style="list-style-type: none"> Committee approved fundraiser documents 	School Wellness Committee (SWC)	Once a month-SWC mtgs

Recordkeeping

Vaughn will retain records to document compliance with the requirements of the LSWP at Vaughn Central Food Service Department. Documentation maintained in this location will include, but will not be limited to:

- The written wellness policy and annual review available to the public; (www.myvaughncharter.com)
- Documented review and update of the LSWP; including who is involved in the update and methods used to make stakeholders aware of their ability to participate on the SWC;
- Documentation to demonstrate compliance with the annual public notification requirements;
- Documentation of compliance to three year assessment and annual evaluation of the LSWP

Annual Notification of Policy

Vaughn will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status.

Triennial Progress Assessments

At least once every three years, Vaughn will evaluate compliance with the LSWP by assessing the implementation of the policy that includes:

- The extent to which Vaughn is in compliance with the LSWP; and
- A description of the progress made in attaining the goals of the LSWP.

Vaughn's first three year assessment will take place no later than June 30, 2020

Revisions and Updating the Policy

The LSWP will be assessed and updated as indicated at least every three years. Revisions will be made as needed based on community needs, new health science information, new Federal or State guidance and/or standards issued.

Community Involvement, Outreach and Communications

Vaughn is committed to being responsive to community input, which begins with awareness of the LSWP. Vaughn will actively communicate ways in which representatives of the SWC and others can participate in the development, implementation and periodic review and update of the LSWP through a variety of means appropriate for Vaughn.

IV. Nutrition

School Meals

Vaughn is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans*-fat per serving; and to meeting the nutrition needs of school children within their 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 preferences and special dietary needs.

Vaughn participates in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). Vaughn offers school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (Vaughn offers reimbursable school meals that meet [USDA nutrition standards](#).)
- Promote healthy food and beverage choices

In addition, Vaughn is a Provision 2 school that enables us to provide NSLP and SBP free to all students. Food from outside vendors will not be brought onto campus during student meal service.

Competitive Foods and Beverages

Vaughn is committed to ensuring that all foods and beverages available to students on the school campus during the school day. The school will follow nutrition guidelines that meet or exceed state and federal nutrition standards. To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards and be in compliance with the SB12 and SB 965 competitive food standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores and snack or food carts.

Additionally, products that contain high levels of chemicals and spices such as *Hot Cheetos* or *Takis* are prohibited on school grounds. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>.

Celebrations and Rewards

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards including through:

1. Celebrations and parties. Vaughn will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the Food Service Department.
2. Classroom snacks brought by parents. Vaughn will provide to parents a [list of foods and beverages that meet Smart Snacks](#) nutrition standards.
3. Rewards and incentives. Vaughn will provide teachers and other relevant school staff a [list of alternative ways to reward children](#). Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

Fundraising

Vaughn will make available to parents and teachers a list of healthy fundraising ideas.

- During the school day, foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus*.
- During the school day, Vaughn will also encourage non-food fundraisers and those promoting physical activity (such as walk-a-thons, Jump Rope for Heart, fun runs, etc.).

Nutrition Promotion

The promotion of nutrition education positively influences lifelong eating behaviors by using evidence-based techniques of nutrition messaging. Vaughn will create food environments that encourage healthy nutrition choices and promote participation in school meal programs. Students and staff will receive and be exposed to nutrition messages throughout the school. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students

and is most effective when implemented consistently through a comprehensive and multi-channel approach shared with staff, teachers, parents, students and the community.

Vaughn will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing at least ten or more evidence-based healthy food promotion techniques through the school meal programs using [Smarter Lunchroom techniques](#); and
- Ensuring that 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards.

V. Nutrition Education

Vaughn will teach, model, encourage and support healthy eating by all students. Vaughn will also provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;
- Promotes nutrition education to parents and community

VI. Physical Education and Activity

The primary goal for Vaughn's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain fit and healthy bodies, to participate in regular physical activity, and to understand the short and long-term benefits of a physically active and healthy lifestyle. All students in grades Pre-K through 12 shall be provided opportunities to be physically active on a daily basis. In addition to and not substituting for the formal PE program, opportunities for moderate to vigorous physical activity shall be provided through recess, school athletic programs, extracurricular programs, after-school programs, and other structured and unstructured activities. Related state-mandated physical fitness test results shall be provided to the public. Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) **will not be withheld** as punishment for any reason.

Food and Beverage Marketing in Schools

Vaughn is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Any foods and beverages marketed or promoted to

students on the school campus* during the school day* will meet or exceed the USDA Smart Snacks in School nutrition standards and California's Nutrition Standards, such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students. The marketing and advertising of non-nutritious foods and beverages on school property through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, or other means is prohibited.

Posting Requirements

Vaughn will post a summary of the LSWP and its regulations on nutrition and nutritional content of regularly offered selections and beverages in public view within all school cafeterias and community boards. (Education Code 49432) These policies and regulations shall also be posted on the Vaughn's website.

Legal Reference:

EDUCATION CODE

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

49490-49493 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

49550-49560 Meals for needy students

49565-49565.8 California Fresh Start pilot program

49570 National School Lunch Act

51222 Physical education

51223 Physical education, elementary schools

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

1751-1769 National School Lunch Program, especially:

1751 Note Local wellness policy

1771-1791 Child Nutrition Act, including:

1773 School Breakfast Program

1779 Rules and regulations, Child Nutrition Act

CODE OF FEDERAL REGULATIONS, TITLE 7

210.1-210.31 National School Lunch Program

220.1-220.21 National School Breakfast Program

Management Resources:

CSBA POLICY BRIEFS

The New Nutrition Standards: Implications for Student Wellness Policies, November

2005

CSBA PUBLICATIONS

Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev.

2005

CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS

Healthy Children Ready to Learn, January 2005

Health Framework for California Public Schools, Kindergarten Through Grade Twelve,

2003

Physical Education Framework for California Public Schools, Kindergarten Through
Grade 12, 1994

CENTERS FOR DISEASE CONTROL PUBLICATIONS

School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and
Planning Guide for Elementary and Middle/High Schools, 2004

NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION (NASBE)
PUBLICATIONS

Fit, Healthy and Ready to Learn, 2000

U.S. DEPARTMENT OF AGRICULTURE PUBLICATIONS

Dietary Guidelines for Americans, 2005

Team Nutrition, Food and Nutrition Services, Changing the Scene, Improving the School
Nutrition Environment: A Guide to Local Action, 2000

WEB SITES

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

California Department of Education, Nutrition Services Division:

<http://www.cde.ca.gov/ls/nu>

California Department of Health Services: <http://www.dhs.ca.gov>

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

California Project LEAN (Leaders Encouraging Activity and Nutrition):

<http://www.californiaprojectlean.org>

Centers for Disease Control and Prevention (CDC): <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>

National School Boards Association: <http://www.nsba.org>

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

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

U.S. Department of Agriculture:

http://www.fns.usda.gov/tn/Healthy/wellnesspolicy_steps.html

Nutrition Education

Essential topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from [MyPlate](#)
- Reading and using FDA's nutrition fact labels

- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- [The Dietary Guidelines for Americans](#)
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior