

**Lodi Unified School District  
Wellness Committee Meeting Agenda  
McNair High School  
September 21, 2016, 3:30-4:30**

**Background**

**What is the Wellness Committee?**

**10 minutes**

- A collective group to create and facilitate an environment of health and wellness for the district.

**Lodi Unified School District Wellness Policy**

**10 minutes**

- Board Policy #5030
- Vision: "Our vision is a healthy, safe environment for student to learn and grow, and practice lifelong healthy habits."
- Mission: "Ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors." = Actionable Goals!

**Discussion**

**Wellness Committee**

**30 minutes**

- Implementation Strategies and Support
  - Ways to get information out about Wellness Policy and Committee
    - Most effective form of communication
  - For positive school environment – list ideas that encompass health and wellness
    - How to get health and wellness ideas to your school
      - Resources
      - How to identify school needs
      - School volunteers and leads
- Stakeholders

**Action Items for Next Meeting**

**5 minutes**

- Implementation:
  - How to get health and wellness ideas to your school
    - Resources
    - How to identify school needs
    - School volunteers and leads
- Evaluation
  - How to measure success of this committee
  - Review Board Policy #5030, submit any revisions (if needed)

**Questions**

**5 minutes**

**Notes:**

**Next Meeting:**

**April 5<sup>th</sup>, 2017  
Lodi Unified School District Office, JAESC Board Room  
1305 E. Vine Street Lodi 95240**

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**Background – What is the Wellness Committee?**

A collective group to create and facilitate an environment of health and wellness for the district. The Child Nutrition and WIC Reauthorization Act of 2004 required all districts to establish local school wellness policies by School Year 2006-2007.

The Healthy, Hunger-Free Kids Act of 2010 expands the scope of wellness policies. It brings in additional stakeholders in its development, implementation and review. This policy requires public updates on the content and its implementation. The Act requires each Local Educational Agency participating in the National School Lunch Program or other Federal Child Nutrition Programs to establish a Local School Wellness Policy for all schools under its jurisdiction. The intent is to strengthen local school wellness policies so they become useful tools in evaluating, establishing, and maintaining healthy school environments, and to provide transparency to the public (including parents, students, and others in the community) on key areas that affect the nutrition environment in each school.

**Lodi Unified School District Wellness Policy**

- Board Policy #5030 –
  - Students
    - Student Wellness Policy on Physical Activity and Nutrition
    - School Health Council/Committee
    - Goals for Nutrition, Physical Activity, and Other Wellness Activity
    - Nutritional Guidelines for Foods Available at School
    - Program Implementation and Evaluation
  - Physical Activity Opportunities and Physical Education
    - Daily Physical Education (P.E.) Grade K-12
    - Physical Fitness Testing
    - Daily Recess
    - Physical Activity Opportunities Before and After School
    - Physical Activity and Punishment
    - Safe Routes to School
  - Use of School Facilities Outside of School Hours
  - School Meals
    - Breakfast
    - Meal Times and Scheduling
    - Qualifications of School Food Service Staff
    - Sharing of Foods and Beverages
  - Posting Requirements

LUSD Wellness Policy and other Board Policies can be found below:

[www.lodiused.net](http://www.lodiused.net) > Board of Education > Board Policies > Series 5000 - Students