

**Lodi Unified School District
Wellness Committee Meeting Agenda
JAESC
April 5, 2017 3:30-4:30**

Welcome!

What is the Wellness Committee and where are we in the process? 10 minutes

- Brief explanation of the Wellness Committee
 - A collective group to create and facilitate an environment of health and wellness for the district.
- What we've done so far (last meeting briefs)

Fundraisers for next school year 30 minutes

- How Fundraisers fit into our Wellness Policy
- Explanation of Compliance Requirements
- Ways to work with LUSD to meet Requirements
- FAQs

Where do we go from here? 15 minutes

- Review & update of Wellness Policy Language
 - Language for next school year
 - Language for specific measureable goals for the district
 - Examples: Lowering BMI rates, increased meal participation, increased test scores, increased attendance, PE/PA minutes and Nutrition Education curriculum across district.
 - Triennial assessment (coming!)
 - New assessment of wellness policy to determine success of wellness goals. We will conduct the first assessment this Spring/Summer.
 - Results will be posted
 - Compares our district results against other model districts
 - Classroom parties and other food celebrations
- Set up dates & times for next school year
- Action list

Questions 5 minutes

Notes:

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Last Meeting Notes: September 21, 2016

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 > Board of Education > Board Policies > Series 5000 – Students