

WELLNESS - PHYSICAL ACTIVITY AND NUTRITION

The La Mesa-Spring Valley School District, in partnership with parents and the community, is committed to providing a healthy school environment. Good health fosters student performance, attendance, and education. By supporting healthy eating and physical activity, we will promote and protect children's health, well being and ability to learn. It has been researched and documented that obesity and other illnesses are directly linked to unhealthy eating habits and physical inactivity patterns that are often established in childhood. Therefore:

1. The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring and reviewing district-wide nutrition and physical activity policies.
2. All students in grades K-8 will have opportunities, support, and encouragement to be physically active on a regular basis.
3. Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S Dietary Guidelines for Americans.
4. Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students.
5. To the maximum extent possible, all schools in our district will participate in available federal school meal programs. (Including the School Breakfast Program, National School Lunch Program, Fruit and Vegetable Snack Program, and the Child and Adult Care Food Program.)
6. Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

As educators of our children, the La Mesa-Spring Valley School District believes that we have the opportunity to be role models by example and by providing opportunities and encouraging children to make healthy choices. This policy will be reviewed annually through the use of implementation surveys. A summary report of information on implementation strategies and the extent to which the policy is being adhered to, will be presented to school board every three years.

Legal References: (see next page)

WELLNESS - PHYSICAL ACTIVITY AND NUTRITION (continued)Legal References: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**Legal References continued: (see next page)*

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Legal References continued:

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>