



**LOS ANGELES UNIFIED SCHOOL DISTRICT
POLICY BULLETIN**

TITLE: Implementation of Comprehensive Wellness Policy
Plan for School Sites

NUMBER: BUL-6352.0

ISSUER: Enrique G. Boull't, Chief Operating Officer
Office of the Chief Operating Officer

DATE: August 12, 2014

ROUTING
All School Locations
Board Members
Administrators
ESC ISIC Instructional
Superintendents
Administrators of
Operations
Operations Coordinators
Parent Groups

PURPOSE: This Policy Bulletin is intended to provide administrators and school staff with information regarding the requirements for implementing a comprehensive wellness policy.

MAJOR CHANGES: This is a new policy.

BACKGROUND: On June 27, 2006, the Board of Education unanimously adopted a policy that serves as a guide for the Los Angeles Unified School District (LAUSD) to address the increasing health risks that students and families are facing and establish a school environment that promotes students' health, well-being, and ability to learn by supporting healthy living.

GUIDELINES: I. POLICY

The Local School Wellness Policy requirement was established by the Child Nutrition and WIC Reauthorization Act of 2004, and further strengthened by the Healthy, Hunger-Free Kids Act of 2010. It requires each Local Educational Agency (LEA) participating in the National School Lunch Program and/or School Breakfast Program to develop a local school wellness policy that promotes the health of students and addresses the growing problem of childhood obesity, in order to ensure students are equipped for academic achievement and lifelong health. Responsibility for developing a local school wellness policy is placed at the local level so that the unique needs of each school under the jurisdiction of the LEA can be addressed.

II. WELLNESS POLICY PROGRAM COMPONENTS

A [Blueprint for Wellness](#) was developed as a model for establishing the components necessary for implementing a comprehensive wellness policy and links with the existing Safe School Plan process. It will serve as a guide to assist schools and the District in implementing a comprehensive wellness plan for their students, families, and staff. Every District school will implement the wellness policy using the Blueprint for Wellness. In each school, the principal or designee



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will ensure compliance with the policy and will monitor the implementation of the wellness policy annually. To begin the implementation, every school will augment their Coordinated Health and Safety Committee (the committee used to complete the Safe School Plan) to include the implementation of the District's wellness policy plan. This committee should ensure representation from each of the following focus areas:

- Nutrition Services
Ensure the foods available on school premises provide for the nutritional well-being of children and serve as a mode of healthy eating. Foods and beverages served or sold will uphold all federal, state, local and board policy nutritional standards.
- Physical Education
Ensure that quality physical education instruction is provided for all students and meets compliance with state and federal mandates governing physical education. Programs provided will be quality physical education programs that will ensure a strong foundation for students to develop a well-rounded background of skills that will, in turn, promote enjoyment of movement to ensure fitness and good health.
- Health Education
Ensure students have an opportunity to achieve health literacy and ultimately lifelong wellness by mastering the knowledge, skills, and behaviors in key areas critical to healthy living. Students will study six content areas:
 1. Alcohol, tobacco, and other drugs
 2. Growth, development, and sexual health
 3. Injury prevention and safety
 4. Mental, emotional, and social health
 5. Nutrition and physical activity
 6. Personal and community health
- Health Services
Ensure good health among students, staff and school community, improve students' attendance, foster a more cohesive school culture, and ultimately improve student achievement. Develop strategies on the delivery of health services, including but not limited to, medical, dental, vision, and mental health.
- School Mental Health, Psychological and Social Services
Ensure there are school-wide systems and supports that address student wellness, student achievement, attitude (behavior), and attendance through the early identification of students in need of additional support, the implementation of universal prevention programs, targeted intervention



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and positive opportunities for success, all aimed at making the school safe, welcoming, supportive, and inclusive.

- Safe Environment
Ensure a learning environment that is violence-free and in which health and safety risks are minimized. Develop plans and programs to protect the health and safety of students and staff, optimize student academic achievement, and minimize the District's impact on the environment.
- Staff Wellness
Improve employee wellness awareness and promote proactive preventative care. Schools and offices will use the blueprint as a guide to promote healthy living styles for employees. Staff should be aware of wellness information and activities available to them.
- Parent and Community Involvement
Empower and encourage parent involvement in their children's health and academic success. Parent outreach should emphasize the relationship between student health and academic performance and the need for communities and schools to collectively support the children as they develop into healthy, responsible, and productive members of society.
- Fundraising
Ensure that all food and beverages sold or served on campus, during specified timeframes, comply with federal, state, local, and board policies, while school administrators are encouraged to explore fundraisers that continue to raise school spirit and enhance the school experience for its students.

Every school's Coordinated Health and Safety Committee must review and ensure compliance with each section of the [Blueprint for Wellness](#).

III. TIMELINE

All schools are to ensure compliance with the policy and will monitor the implementation of the wellness policy. By the end of each school year, school sites should have implemented the following:

- Convene Coordinated Health and Safety Committee for a minimum of six (6) meetings throughout the school year.
- Dedicate time for the review of one of the nine (9) sections of the Blueprint for Wellness, separately, at each meeting over the course of the school year. Ensure the Blueprint for Wellness section is included on each agenda and records of agendas and sign-ins are maintained.
- Monitor the implementation of the policy and complete Chapter 7 of the



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Coordinated Safe and Healthy School (CSHS) Plan, Safe School Plan Volume 1.

- School's committee will complete Chapter 2 of the CSHS Plan and identify goals based on the results from the entire CSHS Plan.

AUTHORITY: This is a policy of the District under the authorization of the United States Department of Agriculture (USDA) and State of California Department of Education (CDE). As the Local Educational Agency, the District is held accountable for all compliance regulations during an administrative review for proper maintenance of record keeping. The District's Division of Student Health and Human Services will monitor the District-wide implementation of the policy annually.

RELATED RESOURCES:

- [Health Hunger-Free Kids Act](#)
- [Public Law 111-296 111th Congress](#)
- [USDA- Local School Wellness Policy](#)
- [LAUSD Wellness Blueprint Policy](#)
- Safe School Plan Reference Guide 5511.3

ASSISTANCE: For assistance or further information please contact:

Food Services Division for Nutrition Services
213-241-2993

Physical Education Office for Physical Education
213-241-4556

Health Education Office for Health Education
213-241-3570

Student Health and Human Services (SHHS) for Health Services, School Mental Health, Psychological and Social Services
213-241-3840

School Operations Division for (Social-Emotional Climate)
213-241-5337

Office of Environmental Health and Safety (Safe and Healthy Physical Environment)
213-241-3199

Facilities Division (Safe and Healthy Physical Environment)
213-241-4811



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Benefits Administration for Staff Wellness
213-241-4262

Parent and Community Services Branch for Parent and Community Involvement
213-481-3350

Educational Service Center (ESC) Coordinating Financial Manager for
Fundraising

ESC North	818-654-3670
ESC East	323-224-3177
ESC West	310-914-2102
ESC South	310-354-3417