

Triennial Assessment of the Local Wellness Policy

Background Information

An assessment of your school wellness policy must be conducted a minimum of once every three years per United States Department of Agriculture (USDA) regulations; however, Local Educational Agencies (LEAs) may assess their policy more frequently if they wish.

Purpose

The template below is offered as a way to summarize the information gathered during your assessment. Members of a school wellness committee who are completing their triennial assessment for their school wellness policy may use this template. It contains the three required components of the triennial assessment, including 1) compliance with the wellness policy 2) how the wellness policy compares to model wellness policies 3) progress made in attaining the goals of the wellness policy.

Results

The copy of the assessment, as well as the current wellness policy, must be made available to the public. How these documents are shared publicly is the decision of the LEA. Many LEAs choose to post the results on their district website. Sponsors may use this template to organize the assessment conducted and make it available to the public.

Recordkeeping

Keep a copy of the most recent triennial assessment, along with supporting documentation on file. State agencies will assess compliance with the wellness policy requirements as a part of the General Areas of the Administrative Review every three years. Keep a copy of the results on file for at least three full school years plus the current year.

Section 1: General Information

School(s) included in the assessment:

All LVUSD schools

Month and year of current assessment:

June 5, 2023

Date of last wellness policy revision:

July 2020 (to extend one additional year due to the pandemic)

Website address for the wellness policy and/or information on how the public can access a copy:

<https://www.LVUSD.org>

Section 2. Compliance with the Wellness Policy and Progress Towards Goals

At a minimum, school wellness policies are required to include:

- Specific goals for:
 - Nutrition
 - Promotion

- Nutrition education
- Physical activity
- Other school-based activities that promote student wellness.
- Standards and nutrition guidelines for all foods and beverages *sold* to students on the school campus during the school day that are consistent with federal regulations for school meal nutrition standards, and the Smart Snacks in School nutrition standards.
- Standards for all foods and beverages provided, *but not sold*, to students during the school day (e.g., in classroom parties, classroom snacks brought by parents, or other foods given as incentives).
- Policies for food and beverage marketing that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.
- Description of evaluation plan.

Using the tables below, indicate the language that is currently written in the school wellness policy in relation to each topic area. Next, assess and discuss whether the school is meeting the goal, partially meeting the goal, or not meeting the goal. Finally, indicate the progress made for each goal and next steps that have been identified.

Describe progress and next steps:

| School Wellness Policies are to Include: | Meeting Goal | Meeting Goal Partially | Not Meeting Goal |
|--|-------------------------------------|--------------------------|--------------------------|
| Wellness Coordinator: Has identified at least one person as responsible for facilitating the wellness policy upkeep Name person responsible for facilitating the upkeep: Kathy Soleimani (Assistant CN director) | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Describe progress and next steps: The Local Wellness Policy needs to be updated to better confirm with the new guidance involving the **WHOLE SCHOOL, WHOLE COMMUNITY, WHOLE CHILD MODEL**.

| School Wellness Policies are to Include: | Meeting Goal | Meeting Goal Partially | Not Meeting Goal |
|--|--------------------------|-------------------------------------|--------------------------|
| Stakeholder Participation: Allow parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, evaluation and update of the wellness policy | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |

Stakeholders are actively encouraged to participate, but participation has been limited due to strict access to campus. This school year, gates and extra security have been implemented for safety measures.

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| School Wellness Policies are to Include: | Meeting Goal | Meeting Goal Partially | Not Meeting Goal |
|--|-------------------------------------|--------------------------|--------------------------|
| USDA Requirements for School Meals: Has assured school meals meet the USDA requirements | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Describe progress and next steps:

LVUSD established a pickup program for parents due the global pandemic and have continued this service for families that have requested to pick.

We served over 2000 breakfasts and lunches per day, which met the USDA requirements, in SY20-21.

For SY21-22, we have adopted the flexibilities offered by the USDA to robustly and flexibly respond to the current health and safety situations. We were able to offer wholesome and nutritious meals to students learning in person as well as offering meal pickup at AEW Middle School by those learning remotely for individual reasons.

For SY22-23, breakfast and lunches were provided at no charge to all students based on NBP or NSLP, providing 5 components; offer vs serve.

| School Wellness Policies are to Include: | Meeting Goal | Meeting Goal Partially | Not Meeting Goal |
|--|-------------------------------------|--------------------------|--------------------------|
| Nutritional Guidelines for all foods and beverages sold: Has set nutritional guidelines for foods and beverages sold on the school campus during the school day | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Describe progress and next steps: We sell snacks on our high school campuses during lunch that meet the LVUSD Wellness Policy and are Smart-Snack compliant.

| School Wellness Policies are to Include: | Meeting Goal | Meeting Goal Partially | Not Meeting Goal |
|---|-------------------------------------|--------------------------|--------------------------|
| Nutritional Guidelines for non-sold foods and beverages: Has set nutritional guidelines for foods and beverages not sold but made available on the school campus during the school day | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Describe progress and next steps: Snacks and food outside the school day are smart-snack compliant.

| School Wellness Policies are to Include: | Meeting Goal | Meeting Goal Partially | Not Meeting Goal |
|--|-------------------------------------|--------------------------|--------------------------|
| Food & Beverage Marketing: Allow marketing on the school campus during the school day of only those foods and beverages that meet the competitive food/beverage requirements (Smart Snacks) | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Describe progress and next steps: NA; We do not offer competitive food and beverages.

| School Wellness Policies are to Include: | Meeting Goal | Meeting Goal Partially | Not Meeting Goal |
|--|-------------------------------------|--------------------------|--------------------------|
| Nutrition Education: Has at least 2 goals for nutrition education List goals: includes enjoyable, developmentally appropriate, culturally relevant and participatory activities, such as promotions, taste-testing, farm visits and school gardens; LVUSD CN department will include in the health education curriculum the following essential topics on healthy eating: <ul style="list-style-type: none"> ● The benefits of eating fresh fruit and vegetables ● The benefits of drinking water each day regularly | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Describe progress and next steps: Goal 1:

We started building and creating gardens and garden spaces on several school campuses. The students participate in caring for and harvesting the fruit and vegetable from raised garden beds. The produce is then used by students to make healthy salads and serve to classmates. Summer 2023, an orchard will be installed at an elementary school campus providing students with fresh fruit grown onsite. Lessons and tours will be provided to the community including harvesting vegetables into healthy snacks.

Goal 2:

At the school, every student is encouraged to use their own water bottle and all water fountains have been upgraded to filtered, bottle filling stations. The benefits of fresh fruits are described by signage, through our garden education program, and our meals program provides fresh fruit on a daily basis.

| School Wellness Policies are to Include: | Meeting Goal | Meeting Goal Partially | Not Meeting Goal |
|--|-------------------------------------|--------------------------|--------------------------|
| Nutrition Promotion: Has at least 2 goals for nutrition promotion List goals: <ul style="list-style-type: none"> • implementing 10 or more evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques ; and • ensuring 100 percent of foods and beverages promoted to students meet the USDA Smart Snacks nutrition standards. | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Describe progress and next steps:

Goal 1, we have been using evidence-based healthy food promotion techniques, including:

- Offering fresh fruit, vegetables and low fat milk on a daily basis including signage
- Improved food presentation by creating more colorful and fresh meals
- Cafeteria staff smile and greet students
- More student input and feedback is encouraged
- Monthly seasonal menu is provided
- Students participate in school gardens, growing and harvesting the produce
- District provides funding to create more garden space
- Smarter lunchroom strategies are included in the local wellness policy
- USDA Healthy Eating posters are posted in student eating areas.

Goal 2, all promoted foods and beverages are smart-snack compliant.

| School Wellness Policies are to Include: | Meeting Goal | Meeting Goal Partially | Not Meeting Goal |
|---|-------------------------------------|--------------------------|--------------------------|
| <p>Physical Activity: Have at least 2 goals for physical activity</p> <p>List goals:</p> <ul style="list-style-type: none"> ● students in grades K-5 receive at least 150 minutes per week of physical education, and students in grades 6-8 receive at least 225 minutes per week of physical education; ● physical education teachers shall develop and implement a curriculum that connects and demonstrates the interrelationship between physical activity, good nutrition, and health. | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Describe progress and next steps:

Prior to the global pandemic, students were meeting the minimum PE activities in school; during virtual learning, movement breaks and PE classes were incorporated in the curriculum.

Since 2021, when students returned to campus for in school learning, they are receiving at least the minimum requirements of physical activity each week as well as recess daily.

Our staff are also modeling making good choices about exercise and nutrition for our students.

| School Wellness Policies are to Include: | Meeting Goal | Meeting Goal Partially | Not Meeting Goal |
|--|-------------------------------------|--------------------------|--------------------------|
| | | | |
| Other Activities: Has at least 2 goals for Other School-Based Activities that promote student wellness List goals: <ul style="list-style-type: none"> the benefits of growing your own produce and learning this through maintaining a school garden Buying and utilizing locally grown fruits and vegetables, | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Describe progress and next steps:

We have working gardens in several of the elementary schools for the past few years. In addition, in 2022-2023 we started an active gardening program where students could participate during scheduled class activities, recess, and after school. We are building an orchard in summer of 2023 to further expand this arena.

We have partnered with a local produce company who incorporates locally grown foods and the DOD fresh program to ensure that students have access to high-quality local produce.

In the next phase, we will focus on enhancing our recycling program and creating an environment that embraces recycling and sustainability. We have also already implemented a share box idea for fresh fruit and vegetables at each school to reduce waste.

| School Wellness Policies are to Include: | Meeting Goal | Meeting Goal Partially | Not Meeting Goal |
|--|-------------------------------------|--------------------------|--------------------------|
| <p>Evaluation: Every three years LEA has evaluated the wellness policy with an evaluation tool and has notified the public of the results. The assessment will determine:</p> <ul style="list-style-type: none"> ● to what extent the LEA is in compliance with the school wellness policy ● the extent to which the local wellness policy compares to model school wellness policies ● the progress made in attaining the goals of the school wellness policy <p>Name person responsible for monitoring: Julie Abbott, Director of Facilities, Maintenance, Operations and CN.</p> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Describe progress and next steps:

LVUSD overall has been compliant with the Local Wellness Policy. There were some limitations due to the unexpected global pandemic and transition to remote learning in 2019-2021. However, we adapted and continued to implement our Local Wellness Policy. From 21-22 to now we have taken steps on improving and updating as well as soliciting community feedback. Our Wellness committee meets every other month for continued feedback and monitoring.

| School Wellness Policies are to Include: | Meeting Goal | Meeting Goal Partially | Not Meeting Goal |
|--|-------------------------------------|--------------------------|--------------------------|
| | | | |
| Communication: Annually inform and update parents, students, staff, and the community about the content and implementation of the wellness policy and provide a way for additional stakeholders to be able to participate | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Describe progress and next steps:

The local wellness policy is available on the school's website and is included in the student handbook.

Next steps include revising our local wellness policy for SY23-25 as well as reevaluating if we need to incorporate other health and safety practices since Covid. Present the updated Wellness Policy to the School Board in September. Present assessment results and updated LSWP to the public. Ensure changes to LSWP are communicated to all school sites and ensure compliance and understanding.

Leadership

Each school will designate a school wellness policy coordinator, who will ensure compliance with the policy.

The designated officials for oversight are Julie Abbott and [Kathy Soleimani](#)

| Name | Title /Relationship to the School or District | Email address | Role on Committee |
|---------------------------------|---|--|---|
| Julie Abbott | Director of Maintenance, Facilities, Operations and Child Nutrition | jabbott@lvusd.org | Assists in the implementation and evaluation of the wellness policy |
| Kathy Soleimani | Assistant Director of Child Nutrition | ksoleimani@lvusd.org | Assists in the implementation and evaluation of the wellness policy |

**Wellness Policy Implementation, Monitoring,
Accountability and Community Engagement
Implementation Plan**

All schools will develop and maintain an implementation plan for implementing this LWP. This plan will delineate the roles, responsibilities, actions and timelines specific to each school; and include information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for 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 other school-based activities that promote student wellness. LVUSD will use a variety of tools (see list below) to complete school-level assessment of implementation of this plan; based on the results; LVUSD will create an action plan, implement the plan, and generate an annual report. LVUSD will retain records to document compliance with the requirements of this LWP at the LVUSD's main office.

Documentation maintained in these locations will include but is not be limited to:

- this written LWP;
- documentation demonstrating that the policy has been made available to the public;
- documentation of efforts to review and update the LWP; including an indication of who is involved in the update and methods the LEA uses to make stakeholders aware of their ability to participate on the Local Wellness Committee;
- documentation to demonstrate compliance with the annual public notification requirements;
- the most recent assessment on the implementation of the LWP; and
- assessment documents will be made available to the public.

Each school in the LVUSD 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. The school will make this information available via the school website

<http://www.LVUSD.org> and through its school-wide communications. This will include a summary of the LVUSD's events or activities related to wellness policy implementation. Annually, LVUSD also will publicize the name and contact information of the school officials leading and coordinating the Local Wellness Committee, as well as information on how the public can get involved with the Committee.

Triennial Progress Assessments

At least once every three years, LVUSD will conduct a Triennial Progress Assessment and develop a report that reviews each LVUSD schools' compliance with this LWP. This assessment and report will include a full description of the progress made in attaining the goals of LVUSD's LWP.

The positions/persons responsible for managing the triennial assessment and report is Julie Abbott and [Kathy Soleimani](#). The above referenced individuals will monitor LVUSD's compliance with this LWP and develop the triennial progress reports by utilizing, among other tools, the annual LEA self-evaluations described in the above section. LVUSD will actively notify households/families of the availability of the triennial progress report.

Establishing a Plan to Measure the Impact and Implementation of the Local Wellness Policy

LVUSD will evaluate compliance and effectiveness of this LWP using existing data collection tools, such as, but not limited to:

- School Health Index;
- FITNESSGRAM data collection and analysis;
- Centers for Disease Control and Prevention School Health Profiles;
- Youth Risk Behavior Surveillance System results;
- WellSAT 2.0; and
- USDA triennial administrative review.

Revisions and Updating the Local Wellness Policy

This LWP will be assessed and updated at least every three years, following the triennial assessment discussed above. The Local Wellness Committee will update or modify this LWP based on the results of LVUSD's annual self-assessment, the USDA triennial administrative review, and on other variables, including if/when LVUSD's health priorities change; the community's health needs change; the wellness goals are met; new health science arises, new technology emerges; and new federal or state guidance/standards are issued.

Community Involvement, Outreach and Communications

All LVUSD schools are committed to being responsive to community input, which begins with awareness of the LWP. All LVUSD schools will actively communicate ways in which representatives of the Local Wellness Committee and others can participate in the development, implementation and periodic review and update of the LWP through a variety of means appropriate for LVUSD. All LVUSD schools also will inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. All LVUSD schools will actively notify the public about the content of or any updates to this LWP annually, at a minimum. All LVUSD schools will also use these mechanisms to inform the community about the availability of the annual and triennial reports. Additionally, LVUSD will disseminate this LWP to parents through posting it in the school office, on the school website, and through any parent-teacher organizations.

Nutrition

LVUSD school is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, lean protein and fat-free or low-fat dairy, that are moderate in sodium, low in saturated fat, have zero grams trans-fat per serving (nutrition label or manufacturer's specification), 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 students, help mitigate childhood obesity, model healthy eating habits to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

LVUSD is committed to offering school meals through the National School Lunch Program (NSLP), School Breakfast Program (SBP), and other supplemental programs, that:

- are accessible to all students;
- are appealing and attractive to students;
- are served in clean and pleasant settings;
- meet or exceed current nutrition requirements established by local and federal statutes and regulations;
- ensure all qualified students will become eligible for free lunch;
- schools will provide at least 30 minutes for students to eat lunch and sufficient time during the lunch period for every student to pass through the service line;
- schools will operate a Universal "Free for All" School Breakfast Program in the cafeteria;

and

- promote healthy food and beverage choices by using Smarter Lunchroom techniques, such as the following:
 - whole fruit options offered in attractive, accessible settings;
 - sliced or cut fruit offered, especially for age-appropriate students;
 - alternative entrée options (e.g., salad bar, vegetarian options, etc.) are highlighted on posters or signs within all service and dining areas;
 - student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas;
 - placing white milk at the front of the coolers

Staff Qualifications and Professional Development

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA Professional Standards for Child Nutrition Professionals.

Water

To promote hydration, free, potable drinking water will be available to all students throughout the school day and throughout every school campus LVUSD will make drinking water available where school meals are served during mealtimes. Additionally, LVUSD will also:

- Widely publicize the benefits of drinking fresh clean water

Competitive Foods and Beverages

LVUSD is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. 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 here. 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.

Rewards

LVUSD schools will not use foods or beverages as rewards, incentives, or prizes for academic performance or good behavior that do not meet the nutritional requirements above.

LVUSD schools will not permit third-party vendors to sell foods or beverages of any kind to students on school property from midnight on the day school begins to 90 minutes after the school day ends, in accordance with Healthy Schools Act and USDA Smart Snacks Standards.

Fundraising

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. LVUSD will make available to parents and teachers a list of healthy fundraising ideas including the following: walk-a-thons, Jump Rope for Heart, and dance-a-thons. Fundraising during and outside school hours will sell only non-food items or foods and beverages that meet or exceed the Smart Snacks nutrition standards.

Food and Beverage Marketing in Schools

LVUSD 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. LVUSD strives to teach students how to make informed choices about nutrition, health and physical activity. It is LVUSDs intent to protect and promote students' health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with this LWP. 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. Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. This term includes, but is not limited to the

following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container;
- Displays, such as on vending machine exteriors;

- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards (note: immediate replacement of these items are not required; however, LVUSD will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is financially possible over time so that items are in compliance with the marketing policy);
- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by LVUSD;
- Advertisements in school publications or school mailings; and
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

As LVUSD's school nutrition services, athletics department, Parent-Teacher Association (PTA), and Parent-Teacher Organization (PTO) reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by this LWP.

Nutrition Promotion

All LVUSD schools 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 10 or more evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques; and
- ensuring 100 percent of foods and beverages promoted to students meet the USDA

Smart Snacks nutrition standards. Additional promotion techniques that LVUSD schools may use are available [here](#).

Ensuring Quality Nutrition Education, Health Education and Physical Education

LVUSD aims to provide age-appropriate and culturally sensitive instruction in nutrition, health and physical education that help students develop the knowledge, attitudes, and skills to enjoy healthy eating habits and a physically active lifestyle.

Nutrition Education

LVUSD will teach, model, encourage and support healthy eating by all students. Schools will 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 through subjects such as math, science, language arts, social sciences and elective subjects;
- includes enjoyable, developmentally appropriate, culturally relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- 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;
- teaches media literacy with an emphasis on food and beverage marketing;
- includes nutrition education training for teachers and other staff

Essential Healthy Eating Topics in Health Education

LVUSD will include in the health education curriculum the following essential topics on healthy eating:

- The benefits of eating fresh fruit and vegetables
- The benefits of drinking water each day regularly

Health Education

LVUSD is dedicated to providing formal, structured health education, consisting of planned learning experiences that provide the opportunity to acquire information and the skills students need to make quality health decisions. As such, LVUSD will provide students a comprehensive school health education that address a variety of topics such as alcohol and other drug use and abuse, healthy eating/nutrition, mental and emotional health, personal health and wellness, physical activity, safety and injury prevention, sexual health, tobacco use, and violence prevention. Health education curricula and instruction should address the CA Health Education Standards and incorporate the characteristics of an effective health education curriculum. LVUSD will provide health education that:

- is offered at least 75 minutes per week at each grade level, K-8, as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is incorporated into classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- incorporates an age-appropriate sequential health education curriculum that is consistent with District and national standards for health education;
- incorporates active learning strategies and activities that students find enjoyable and personally relevant;
- incorporates opportunities for students to practice or rehearse the skills needed to maintain and improve their health;
- incorporates a variety of culturally-appropriate activities and examples that reflect the community's cultural diversity;
- incorporates assignments or projects that encourage students to have interactions with family members and community organizations;

- requires the health instructors to participate at least once a year in professional development in health education; and
- requires professional development for all teachers in classroom management techniques in the past two years.

Additionally, in an effort to ensure reinforcement of health messages that are relevant for students and meet community needs, LVUSD will base its health education program, at least in part, on the results of the Health and Physical Education Assessment and in collaboration with the community. LVUSD will also seek to imbed health education as part of student visits with the school nurse, through posters or public service announcements, and through conversations with family and peers.

Improving Environmental Sustainability

LVUSD will seek to improve its environmental sustainability and engage in sustainable agriculture practices through:

- contracting with food service vendors that utilize locally grown fruit and vegetables,
- school wide recycling programs; and
- the benefits of growing your own produce and learning this through maintaining a school garden

Physical Education and Physical Activity

LVUSD acknowledges the positive benefits of physical activity for student health and academic achievement. It is the goal of LVUSD that students engage in the recommended 49 minutes per day of physical activity. Additionally, recognizing that physical education is a crucial and integral part of a child's education, we will provide opportunities to ensure that students engage in healthful levels of vigorous physical activity to promote and develop the students' physical, mental, emotional, and social well-being. The components of LVUSD's physical education program shall include a variety of kinesthetic activities, including team, individual, and cooperative sports and physical activities, as well as aesthetic movement forms, such as dance, yoga or the martial arts, as well as, goals to increase physical activity for students to satisfy the Healthy Schools Act requirement. Students shall be given opportunities for physical activity through a range of before-and/or after-school programs including, but not limited to, [state activities such as intramurals, interscholastic athletics, and physical activity clubs]. LVUSD will ensure that:

- students in grades K-5 receive at least 150 minutes per week of physical education, and students in grades 6-8 receive at least 225 minutes per week of physical education;
- physical education teachers shall develop and implement a curriculum that connects and demonstrates the interrelationship between physical activity, good nutrition, and health;
- 50 percent of physical education class time is devoted to actual physical activity;
- suitably adapted physical activity shall be provided as part of the individualized education plan (IEP) developed for students with disabilities;
- physical education staff shall appropriately limit the amount or type of physical exercise required of students during air pollution episodes, excessively hot weather, or other inclement conditions; and
- physical activity is neither required nor withheld as punishment.

Pre-Kindergarten (Pre-K) Physical Activity

Recommendations:

LVUSD Pre-K shall ensure that students receive 90 to 120 minutes of active play daily. These minutes shall consist of a combination of adult-led/structured active play and child-initiated/unstructured active play. LVUSD will seek to offer active play outdoors, weather permitting. LVUSD will ensure that:

- these active play minutes shall be achieved through recess, active transitions (marching, hopping, etc.), and classroom games that involve physical movement;
- recess shall be at least 60 minutes daily and scheduled in more than one block of time (e.g., three 20-minute sessions, two 30-minute sessions);
- as with physical education minutes, LVUSD shall report annually regarding compliance with physical activity minutes for pre-K children in public and charter schools;
- these school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

The assessment has been reviewed and received input from the following individuals:

[Julie Abbott](#), [Kathy Soleimani](#) and Dr. [Ryan Gleason](#)

jabbott@lvusd.org; ksoleimani@lvusd.org; rgleason@lvusd.org