



2025 Wellness Policy Triennial Assessment Report to Public

Every three years, the **Long Beach Unified School District (LBUSD)** conducts a comprehensive review of its **Local School Wellness Policy (Board Policy 5030)** to:

- Compare it to model wellness policies
- Assess district-wide compliance
- Track progress on wellness goals
- Share findings with the public

LBUSD School Wellness Council

The LBUSD School Wellness Council comprises representatives from a variety of education partner groups, including parents/guardians/caretakers, students, nutrition service employees, teachers, school health professionals, Board of Education members, school administrators, and members of the public. The council meets quarterly and participates in the development, implementation, and periodic review and update of the district's student wellness policy and advises the district on health-related issues, activities, policies, and programs.

Stakeholder Feedback

The LBUSD School Wellness Policy Survey was developed by the LBUSD School Wellness Council in January 2025. The survey was available via the district website in March and April 2025 in English, Spanish, and Khmer. Additionally, the survey was distributed to all PE and Health teachers, counselors, and school social workers to complete.

We received a total of 1,967 responses, including over 1,500 student responses. These responses help us understand our current implementation of the LSWP

2022–2025 Goals

We met all of our 22–25 goals! Highlights:

- Wellness Council expanded to include families, students, staff & community
- ~200 elementary teachers trained on PE curriculum
- New Health 7 curriculum
- Wellness Centers are active at all middle & high schools
- Community resource map and anonymous reporting tools launched
- District Wellness Office and leadership team established

2025–2028 Goals

We're establishing goals in the following areas:

- Goal 1: Improve Consistency and Equity in Student Wellness Practices & Supports Across School Sites
- Goal 2: Expand Nutrition Education and Healthy Food Practices
- Goal 3: Enhance Physical Activity Opportunities and Safe Environments
- Goal 4: Deepen Student, Family, and Community Engagement in Wellness
- Goal 5: Strengthen Staff Wellness Across All District Sites