

Los Alamitos Unified School District

STUDENT WELLNESS

The Los Alamitos Unified School District Board of Education is committed to providing school environments that promote and protect children’s health, well being, and ability to learn by supporting healthy eating and physical activity.

Greater access to healthy foods and opportunities to be physically active will assist children to grow, learn, and thrive. Heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood.

Schools will provide health education, physical education, and nutrition education for all students to foster lifelong habits of healthy eating and physical activity. Schools will provide information to parents that supports the parents’ role in establishing, promoting, and modeling healthy habits.

All students in grades Pre-K through 12 will have opportunities, support, and encouragement to be physically active on a regular basis, in accordance with Board Policy 245 – Physical Education.

Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans and current California State and Federal standards.

Qualified child nutrition professionals will provide students, faculty, and staff with access to a variety of affordable, nutritious, and appealing foods that meet their health and nutrition needs while providing clean, safe, and pleasant settings and adequate time to eat.

The Assistant Superintendent of Educational Services shall be responsible for organizing a “Wellness Committee,” and for facilitating, monitoring, and coordinating services. The District committee will engage students, parents, teachers, nutrition professionals, health professionals, district administrators, community based organizations, individual school health councils, and other interested community members to assist in the development of recommendations of regulations to support the goals of this policy. This advisory committee shall also monitor, review, and make periodic reports to the Board of Education regarding the implementation of rules and regulations under this policy.

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Legal Reference:

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