

Redondo Beach USD | BP 5030 Students

Student Wellness

The Board of Education recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for district students. The Superintendent or designee shall coordinate and align district efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment. In addition, the Superintendent or designee shall develop strategies for promoting staff wellness and for involving parents/guardians and the community in reinforcing students' understanding and appreciation of the importance of a healthy lifestyle.

- (cf. [1020](#) - Youth Services)
- (cf. [3513.3](#) - Tobacco-Free Schools)
- (cf. [3514](#) - Environmental Safety)
- (cf. [5131.6](#) - Alcohol and Other Drugs)
- (cf. 5131.61 - Drug Testing)
- (cf. [5131.62](#) - Tobacco)
- (cf. [5131.63](#) - Steroids)
- (cf. [5141](#) - Health Care and Emergencies)
- (cf. [5141.22](#) - Infectious Diseases)
- (cf. [5141.3](#) - Health Examinations)
- (cf. [5141.31](#) - Immunizations)
- (cf. [5141.32](#) - Health Screening for School Entry)
- (cf. 5141.6 - School Health Services)
- (cf. [6142.1](#) - Sexual Health and HIV/AIDS Prevention Education)
- (cf. [6164.2](#) - Guidance/Counseling Services)

School Health Council/Committee

The Superintendent or designee shall encourage parents/guardians, students, food service employees, physical education teachers, school health professionals, Board members, school administrators, and members of the public to participate in the development, implementation, and periodic review and update of the district's student wellness policy. (42 USC [1758b](#))

To fulfill this requirement, the Superintendent or designee may appoint a school health council or other district committee whose membership shall include representatives of these groups. He/she also may invite participation of other groups or individuals, such as health educators, curriculum directors, counselors, before- and after-school program staff, health practitioners, and/or others interested in school health issues.

- (cf. [1220](#) - Citizen Advisory Committees)
- (cf. [9140](#) - Board Representatives)

The school health council/committee shall advise the district on health-related issues, activities, policies, and programs. At the discretion of the Superintendent or designee, the duties of the council/committee

may also include the planning, implementation, and evaluation of activities to promote health within the school or community.

Goals for Nutrition, Physical Activity, and Other Wellness Activities

The Board shall adopt goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. (42 USC [1758b](#))

(cf. [0000](#) - Vision)

(cf. [0200](#) - Goals for the School District)

The district's nutrition education and physical education programs shall be based on research, shall be consistent with the expectations established in the state's curriculum frameworks and content standards, and shall be designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

(cf. [6011](#) - Academic Standards)

(cf. [6142.7](#) - Physical Education and Activity)

(cf. [6142.8](#) - Comprehensive Health Education)

(cf. [6143](#) - Courses of Study)

The nutrition education program shall include, but is not limited to, information about the benefits of healthy eating for learning, disease prevention, weight management, and oral health. Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, and school garden programs.

(cf. 5148.2 - Before/After School Programs)

(cf. [6177](#) - Summer Learning Programs)

To reinforce the district's nutrition education program, the Board prohibits the marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, free give-aways, or other means.

(cf. 1325 - Advertising and Promotion)

All students shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.

(cf. [5142.2](#) - Safe Routes to School Program)

(cf. [6145](#) - Extracurricular and Cocurricular Activities)

(cf. [6145.2](#) - Athletic Competition)

The Board may enter into a joint use agreement or memorandum of understanding to make district facilities or grounds available for recreational or sports activities outside the school day and/or to use community facilities to expand students' access to opportunity for physical activity.

(cf. 1330.1 - Joint Use Agreements)

Professional development shall be regularly offered to health education and physical education teachers, coaches, activity supervisors, food services staff, and other staff as appropriate to enhance their health knowledge and skills.

(cf. [4131](#) - Staff Development)

(cf. [4231](#) - Staff Development)

(cf. [4331](#) - Staff Development)

The Superintendent or designee may disseminate health information and/or the district's student wellness policy to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, district and school web sites, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

(cf. [1100](#) - Communication with the Public)

(cf. [1112](#) - Media Relations)

(cf. [1113](#) - District and School Web Sites)

(cf. [1114](#) - District-Sponsored Social Media)

(cf. [6020](#) - Parent Involvement)

In order to ensure that students have access to comprehensive health services, the district may provide access to health services at or near district schools and/or may provide referrals to community resources.

The Board recognizes that a safe, positive school environment is also conducive to students' physical and mental health and thus prohibits bullying and harassment of all students, including bullying on the basis of weight or health condition.

(cf. [5131.2](#) - Bullying)

(cf. [5145.3](#) - Nondiscrimination/Harassment)

The Superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness. He/she shall promote work-site wellness programs and may provide opportunities for regular physical activity among employees.

Nutritional Guidelines for Foods Available at School

For all foods available on each campus during the school day, the district shall adopt nutritional guidelines which are consistent with 42 USC [1773](#) and [1779](#) and federal regulations and which support the objectives of promoting student health and reducing childhood obesity. (42 USC [1758b](#))

In order to maximize the district's ability to provide nutritious meals and snacks, all district schools shall participate in available federal school nutrition programs, including the National School Lunch and

School Breakfast Programs and after-school snack programs, to the extent possible. When approved by the California Department of Education, the district may sponsor a summer meal program.

- (cf. [3550](#) - Food Service/Child Nutrition Program)
- (cf. [3552](#) - Summer Meal Program)
- (cf. [3553](#) - Free and Reduced Price Meals)
- (cf. [5141.27](#) - Food Allergies/Special Dietary Needs)
- (cf. [5148](#) - Child Care and Development)
- (cf. [5148.3](#) - Preschool/Early Childhood Education)

The Superintendent or designee shall provide access to free, potable water during meal times in the food service area in accordance with Education Code [38086](#) and 42 USC [1758](#), and shall encourage students' consumption of water by educating them about the health benefits of water and serving water in an appealing manner.

The Board believes that all foods and beverages sold to students at district schools, including those available outside the district's food services program, should support the health curriculum and promote optimal health. Nutritional standards adopted by the district for foods and beverages provided through student stores, vending machines, or other venues shall meet or exceed state and federal nutritional standards.

- (cf. [3312](#) - Contracts)
- (cf. [3554](#) - Other Food Sales)

The Superintendent or designee shall encourage school organizations to use healthy food items or non-food items for fundraising purposes. He/she also shall encourage school staff to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior.

- (cf. [1230](#) - School-Connected Organizations)

School staff shall encourage parents/guardians or other volunteers to support the district's nutrition education program by considering nutritional quality when selecting any snacks which they may donate for occasional class parties. Class parties or celebrations shall be held after the lunch period when possible.

Program Implementation and Evaluation

The Superintendent shall designate one or more district or school employees, as appropriate, to ensure that each school site complies with this policy. (42 USC [1758b](#))

- (cf. [0500](#) - Accountability)
- (cf. [3555](#) - Nutrition Program Compliance)

The Superintendent or designee shall assess the implementation and effectiveness of this policy at least once every two years.

The assessment shall include the extent to which district schools are in compliance with this policy, the extent to which this policy compares to model wellness policies available from the U.S. Department of Agriculture, and a description of the progress made in attaining the goals of the wellness policy. (42 USC [1758b](#))

The Board and the Superintendent or designee shall establish indicators that will be used to measure the implementation and effectiveness of the district activities related to student wellness. Such indicators may include, but are not limited to:

1. Descriptions of the district's nutrition education, physical education, and health education curricula and the extent to which they align with state academic content standards and legal requirements
2. An analysis of the nutritional content of school meals and snacks served in all district programs, based on a sample of menus and production records
3. Student participation rates in all school meal and/or snack programs, including the number of students enrolled in the free and reduced-price meals program compared to the number of students eligible for that program
4. Extent to which foods sold on campus outside the food services program, such as through vending machines, student stores, or fundraisers, comply with nutritional standards
5. Results of the state's physical fitness test at applicable grade levels
6. Number of minutes of physical education offered at each grade span, and the estimated percentage of class time spent in moderate to vigorous physical activity
7. A description of district efforts to provide additional opportunities for physical activity outside of the physical education program
8. A description of other districtwide or school-based wellness activities offered, including the number of sites and/or students participating, as appropriate

The Superintendent or designee shall invite feedback on district and school wellness activities from food service personnel, school administrators, the school health council, parents/guardians, students, teachers, before- and after-school program staff, and/or other appropriate persons.

As feasible, the assessment report may include a comparison of results across multiple years, a comparison of district data with county, statewide, or national data, and/or a comparison of wellness data with other student outcomes such as academic indicators or student discipline rates.

The Superintendent or designee shall inform and update the public, including parents/guardians, students, and others in the community, about the content and implementation of this policy and assessment results. (42 USC [1758b](#))

In addition, the assessment results shall be submitted to the Board for the purposes of evaluating policy and practice, recognizing accomplishments, and making policy adjustments as needed to focus district

resources and efforts on actions that are most likely to make a positive impact on student health and achievement.

Posting Requirements

Each school shall post the district's policies and regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas. (Education Code [49432](#))

Healthy School Zones

The Board of Education desires to provide school environments that promote and protect a student's health, well-being, and ability to learn by supporting healthy eating and physical activity and designating school sites as "Healthy School" zones.

The Superintendent or designee shall initiate a coordinated school health and physical activity system in all district schools that supports and reinforces healthy school zones by:

1. Engaging student(s), parent(s)/guardian(s), teachers, food service professionals, health professionals, and other interested community members in the development, implementation, monitoring, and evaluation of district-wide nutrition and physical activity policies.

(cf. 1220 - Citizen Advisory Committee)

2. Offering comprehensive programs and other school related activities designed to provide all students, grades PreK-12, with opportunities, support, and encouragement to be physically active on a regular basis.

3. Establishing regulations that require all foods and beverages sold or served at school meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.

(cf. 3550 - Food Service/Child Nutrition Program)

(cf. 3554 - Other Food Sales)

4. Utilizing qualified child nutrition professionals in meal planning to provide access to a variety of affordable and appealing foods that meet individual student health and nutrition needs while accommodating the religious, ethnic, and cultural diversity of the student body.

5. Providing adequate time for students to eat in a clean, safe, and pleasant setting

6. Participating, to the maximum extent practicable, in available federal school meal programs.

(cf. 3553 - Free and Reduced Price Meals)

7. Instructing students in nutrition and physical education to foster lifelong habits of healthy eating and physical activity.

(cf. 6142.8 - Comprehensive Health Education)

(cf. 6142.7 - Physical Education)
(cf. 5131.6 - Alcohol and Other Drugs)
(cf. 5131.62 - Tobacco)
(cf. 5131.63 - Steroids)

8. Establishing linkages between health education and school meal programs as well as with related community services.

Nutrition and Health Education

Healthy living skills shall be taught as part of the regular instructional program and provide the opportunity for all students to understand and practice concepts and skills to promote and protect their health. Nutrition and health education should be incorporated into an interdisciplinary, sequential skill-based health education program based upon district/state standards and benchmarks. Suggested activities include, but are not limited to:

1. Integrated, at all grade levels, instructional activities, such as nutritious eating experiences and nutrition/health education into the curriculum for math, science, social sciences, and language arts.
2. School Gardens. Gardens can promote the link between food choices, physical activity, and health in a way that is hands-on and integrated into the standards-based curriculum.
3. On-site cooking equipment/facilities and methods to incorporate cooking into class nutrition lessons.
4. Promotion of healthy food choices (fresh fruits and vegetables, whole grains, dairy and dairy-free products) in school activities involving staff, students, and community.
5. Linking nutrition education to the school meal program, other school foods and nutrition-related community services.

Nutrition education instructional activities should stress the appealing aspects of healthy eating and be participatory, developmentally appropriate, and enjoyable. Students should be taught communication, goal setting and decision making skills that can enhance personal, family and community health. The program should engage families as partners in their children's education.

Communications with Parents/Guardians

The district/school will support parent(s)/guardian(s)' efforts to provide a healthy diet and daily physical activity for their children. The district will send home nutrition information and post nutrition tips on district/ school websites. Schools should encourage parent(s)/guardian(s) to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the nutrition standards for individual foods and beverages on school grounds. The district/school will provide parent(s)/guardian(s) a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities.

(cf. 3554 - Other Food Sales)

Nutritional Guidelines for Child Nutrition Reimbursable Meal Programs

When appropriate, schools in the district will participate in all available federal school nutrition programs, including the National School Lunch Program (NSLP) and National School Breakfast Program (SBP).

(cf. 3553 - Free and Reduced Price Meals)

The district will seek to maximize federal and state nutrition funding.

Meals served through the Child Nutrition Programs will:

1. Be appealing and attractive to children of various ages and diverse backgrounds.
2. Be prepared in healthy and appealing ways that retain nutritive quality and foster lifelong healthful eating habits.
3. Be served in age-appropriate quantities and at reasonable prices
4. Be served in clean and pleasant settings.
5. Meet or exceed nutrition requirements established by local, state and federal statutes and regulations.
6. Offer fresh fruit and vegetables daily in each meal, with a variety of choices that, when practical, should be California grown and organic or pesticide/herbicide free. Salad bars and/or pre-packaged salads, as well as fresh fruit, shall be available at each site daily.
7. Include no more than two percent low-fat (two percent) milk and dairy free alternatives.
8. Whole, fresh, unprocessed foods and ingredients will be used whenever possible.

Students and adults should be engaged in selecting foods to be sold and served through taste testing and surveys in order to identify new, healthful and appealing food choices. Information concerning the nutritional content of all school meals and snacks shall be shared with students and parent(s)/guardian(s), if available, on menus, school/district websites, cafeteria menu boards, placards or other point-of-purchase materials.

Breakfast

To ensure that all children have breakfast in order to meet their nutritional needs and enhance their ability to learn, schools will, to the extent possible, operate the School Breakfast Program (SBP) before school or during morning break or recess.

Schools/district will encourage participation in School Breakfast Program and allow for adequate time to eat.

Schools will promote the importance of healthy breakfast and the School Breakfast Program to students and families.

Lunch

The district shall provide free and reduced-price lunches according to the terms of the National School Lunch programs and the laws and rules of the state. If determined appropriate and in the best interests of a student's wellbeing, the district may provide a free, nutritious snack or meal to a student who does not qualify for free or reduced price meals; however, the district, other than the Child Nutrition program, or some other funding source will be responsible for the cost of providing these meals or snacks. The Superintendent or designee may establish a program whereby school lunch meals may be provided to anyone other than students at a price that covers all costs for food and preparation. In addition, students will:

1. Have lunches served at appropriate intervals from other meals.
2. Have adequate time to eat after being served.
3. Be allowed to eat when engaged in scheduled mealtime activities.

Free and Reduced Priced Meals

In order to expand participation in the child nutrition programs and to conform to existing legal requirements, schools will do everything possible to ensure that their low-income students are not stigmatized or otherwise treated differently because they avail themselves of free and reduced price meals.

(cf. 3553 - Free and Reduced Price Meals)

Sharing of Foods and Beverages

Schools shall discourage students from sharing their foods and beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Maintenance of a Healthy Environment

All school sites will provide an environment where healthful eating behaviors are the norm and are modeled and reinforced. Staff shall be encouraged to periodically join students to model good eating habits, manners, and behavior. The Superintendent or designee shall provide an environment that supports healthy eating, student safety and positive socialization. Such an environment shall include the following guidelines:

1. Students shall be provided adequate space in pleasant surroundings as well as sufficient time to eat, relax, and socialize.
2. The Superintendent or designee shall not establish policies, class schedules, bus schedules or other conflicts that directly or indirectly restrict meal access.
3. Students shall have a minimum of 20 minutes to eat after sitting down for lunch and 10 minutes to eat after sitting down for breakfast, when provided.

4. All primary school administrators/designees shall evaluate schedules and, if possible, promote playtime before eating lunch.
5. Students will be provided with access to hand washing before they eat meals or snacks.
6. School site leadership shall be involved to improve cafeteria and atmosphere.
7. The Superintendent or designee will ensure practices are in place to foster mutual respect between service providers, school personnel and students.
8. The Principal or designee shall be responsible for the conduct of students in the lunchroom and the scheduling of lunch services that are at the most advantageous times for students.
9. Noon aides and/or cafeteria aides shall be provided annual training on maintaining a pleasant eating environment and promoting healthy food choices.

Qualification of School Food Service Staff

Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, the district will provide for continuing professional development for all nutrition professionals in schools. Staff development will include training for food service personnel at their various levels of responsibility and include topics such as food safety, marketing, healthy food preparation, and service of healthy menu items.

Nutrition Guidelines for Foods and Beverages Available Outside the School Meal Programs

Individual food items sold or served outside the federal reimbursable meal programs shall meet local, state, and federal requirements. Sold or served refers to any foods or beverages provided to students on school grounds for a cost or free of charge. These guidelines apply to all food/beverage available on campus from one hour prior to one hour after the end of the school day. Specific state/federal nutritional requirement guidelines to be followed will be distributed annually for reference in the Site Administrators' Resource Guide.

The Superintendent or designee and site principals shall ensure that all food sales on campus meet or exceed nutritional standards established by the district and do not impair student participation in the district's food service program. Food sales, other than those by the District Food Service Department, are prohibited during school hours and within one hour before and one hour after school hours.

Effective July 2006, the District Child Nutrition Department shall exercise control over all vending machines on district property including vendors, locations, contents and appearance.

All beverage vending machines located on school campuses may sell only water, 100 percent fruit juices; non-carbonated electrolyte replacement drinks with no artificial coloring or preservatives, whenever feasible, and/or reduced/low fat milk and non-dairy milk alternatives.

All snack vending machines must be in compliance with SB12 guidelines.

Advertising of food and beverages on vending machines shall only promote healthy food choices.

Parent(s)/guardian(s) will be encouraged to follow these guidelines for foods brought from home for individual consumption.

Food/Beverage Marketing In Schools

School-based marketing will be consistent with nutrition education and health promotion. Schools will eliminate marketing and advertising of unhealthy foods and beverages. Any foods or beverages that do not meet the district nutritional guidelines will not be promoted through signage, vending machine fronts, logos, scoreboards, school supplies, educational incentive programs that provide food as a reward, in-school television, free samples or coupons, or food sales through fundraising activities.

Fundraising

The Board encourages all school based organizations to use services, contests, non-food items, and/or healthful foods for fundraising programs. The sale of candy as a fundraiser is strongly discouraged.

Rewards

Schools will make every effort to use alternatives to foods and beverages as rewards. This policy does not apply to medically authorized special needs diets pursuant to 7 CFR Part 210, school nurses using FMNV's (Foods of Minimal Nutritional Value) during the course of providing health care to individual students, or special needs students whose Individualized Education Plan (IEP) indicates their use for behavior modification.

Celebrations and Other Activities during the School Day

Schools should limit the number of parties/celebrations that involve food during the school day to no more than two per classroom per school year so not to negatively impact student health. School staff should encourage parent(s)/guardian(s) or other volunteers to support the district's nutrition education program by considering nutritional quality when selecting any snacks that they may donate for occasional class parties and by limiting foods or beverages that do not meet nutritional standards to no more than one food or beverage per party. Celebrations should be held after the last lunch period when possible.

Schools and school-based organizations should offer and encourage the promotion of healthy food and beverages at all school-sponsored events.

Snacks

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages and other considerations. The Superintendent or designee will disseminate a list of healthful snack items to teachers, after-school program personnel, and parent(s)/guardian(s).

During school hours, home-prepared products will not be allowed to be sold or served on campus due to the potential of food borne illness.

Physical Education and Physical Activity Opportunities

The Board shall adopt and the Superintendent or designee shall implement a comprehensive physical education and fitness curriculum consistent with the state Education Code that includes, by grade, the minimum number of minutes required for physical activity.

The program should provide opportunities for all students, grades Pre-K-12, to develop skills, knowledge, behaviors and attitudes that will lead to a physically active lifestyle.

Every student should spend at least 75 percent of his/her physical education class time participating in moderate to vigorous physical activity. Physical education lesson plans should restrict the time that students remain inactive in such activities as elimination games and teacher lecture and include alternative strategies to engage students who cannot participate in, or are excused from, regular class activities.

When appropriate, suitable adapted physical education shall be included as part of individual education plans (IEP) for students with chronic health problems, other disabling conditions or other special needs that preclude a student's participation in regular physical education instruction or activities.

Physical education should be taught by certificated or certified specialists. Student/teacher classroom ratios for physical education, including high school, should consider the safety, quality and type of instruction that will engage all students in moderate to vigorous physical activity.

As funds are available, the district should provide continuing professional development activities for physical education and coaching specialists. Staff development programs should include, but not limited to, training and certification programs in health and physical fitness, wellness activities, steroids, physical education/coaching instructional strategies and program implementation, current research and state and federal mandates.

(cf. 4131 - Staff Development)

(cf. 5131.63 - Steroids)

Daily Recess

In addition to physical education, all elementary school students shall have the opportunity to participate in daily recess and physical activity. This supervised recess shall be at least 20 minutes a day, preferably outdoors, during which schools should encourage moderate to vigorous physical activity. Schools should discourage extended periods of inactivity. Alternatives to withholding recess as a punishment shall be explored.

Physical Activity Opportunities During and After School

District schools are encouraged to offer co-curricular and extra-curricular physical activity programs, such as physical activity clubs and intramural programs during and after-school. The high school and middle schools, as appropriate, may include a program of interscholastic sports.

These activities, when offered, should consider the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

Physical Activity and Punishment

Teachers and other school personnel will not use physical activity, such as running laps or pushups, as punishment.

Family and Community Involvement

In order to promote family and community involvement in reinforcing physical activities in the schools, school staff should:

1. Encourage parent(s)/guardian(s) to support their child's participation in the school's physical education/activity programs.
2. Invite Parent(s)/guardian(s) to attend and participate in scheduled physical education/ activity programs and health fairs.
3. Consider the various cultural preferences in the development of physical activity programs.
4. Explore opportunities for students to participate in physical activity programs with other agencies and community groups.

Communication with Parent(s)/Guardian(s)

The district/school will provide information about physical education and other school-based physical activity opportunities during and after the school day and support parent(s)/guardian(s)' efforts to provide his/her/their child (ren) with opportunities to be physically active outside of school. Such support can include sharing information about physical activity and physical education through district/school websites, newsletters, or other take-home materials, special events and other like activities.

Monitoring and Policy Review

The Superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the Principal or designee will ensure compliance with those policies in his/her school and will report annually on the school's compliance to the school district superintendent/designee.

School food service staff, at the district level, will ensure compliance with nutrition policies within school food service areas and will report annually on this matter to the superintendent.

The Superintendent or designee will develop a summary report every two years on districtwide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the district. That report will be provided to the school board and also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the district.

To assist in the initial development of the district's wellness policies, the Superintendent or designee will conduct a baseline assessment of the school's existing nutrition and physical activity environments and

policies. The results of these assessments will be compiled to identify and prioritize needs. A report on the baseline assessment will be made to the Board of Education.

Subsequent assessments will be repeated every two years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the Superintendent or designee will review the nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity and nutrition and physical education program elements. The Superintendent or designee will, as necessary, with input from the District Wellness Committee, revise the wellness policies and develop work plans to facilitate their implementation. A report on these assessments will be made to the Board.

Revisions of wellness policies and administrative regulations will be adopted by the Board at a regularly scheduled meeting of the Board.

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[15530-15535](#) Nutrition educationn
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[1751-1769](#) National School Lunch Program, especially:
[1758b](#) Local wellness policy
[1771-1791](#) Child Nutrition Act, especially:
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California Department of Education, Nutrition Services Division: <http://www.cde.ca.gov/ls/nu>

California Department of Public Health: <http://www.cdph.ca.gov>
California Healthy Kids Resource Center: <http://www.californiahealthykids.org>
California Project LEAN (Leaders Encouraging Activity and Nutrition): <http://www.californiaprojectlean.org>
California School Nutrition Association: <http://www.calsna.org>
Center for Collaborative Solutions: <http://www.ccscenter.org>
Centers for Disease Control and Prevention: <http://www.cdc.gov>
Dairy Council of California: <http://www.dairycouncilofca.org>
National Alliance for Nutrition and Activity: <http://www.cspinet.org/nutritionpolicy/nana.html>
National Association of State Boards of Education: <http://www.nasbe.org>
School Nutrition Association: <http://www.schoolnutrition.org>
Society for Nutrition Education: <http://www.sne.org>
U.S. Department of Agriculture, Food Nutrition Service, wellness policy: <http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>

Regulation REDONDO BEACH UNIFIED SCHOOL DISTRICT
approved: June 13, 2006 Redondo Beach, California
revised: May 27, 2014

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