

POLICY ON WELLNESS  
IN THE LOS ANGELES UNIFIED SCHOOL DISTRICT

The Los Angeles Unified School District (LAUSD) recognizes the connection between health and academic achievement. To that end, LAUSD has developed a Wellness Policy and Blueprint for Wellness to support and promote the health of students, families, and staff. The Coordinated School Health District Council has developed a Blueprint for Wellness, to which individuals may refer for further elaboration on the components of a comprehensive wellness policy. This Blueprint may be obtained from the Coordinated School Health designee in the Student Health and Human Services Division. This policy will apply to all schools and the administrative units of the District. This policy addresses the components of Coordinated School Health and will be reviewed annually for relevance and amended annually as appropriate.

A. Goals for the Wellness Policy

Goals refers to the desired status of the identified services and programs based on review of school site needs.

1. The goals for Nutrition Services are as follows:

- To increase student access to healthy breakfast and lunch meals.
- To encourage students to choose balanced and nutritious school meals instead of a la carte items.
- To provide a “second chance” breakfast to give students who missed early morning breakfast.
- To implement a computerized cafeteria management system.
- To provide adequate time for students to obtain and consume their meals.
- To reduce competitive food sales to help maximize participation in the school meals program.

2. The goals for Physical Education are as follows:

- All students in all grades should experience quality physical education, in a sequential and comprehensive, enjoyable, safe, and secure learning environment.
- To provide adequate space to maximize practice opportunities for each child.
- To provide adequate equipment for students to be actively engaged individually, with partners, or in small groups to maximize practice opportunities.
- To ensure physical education class sizes are comparable to class sizes in other subject areas where possible.
- To provide Physical Education Instructional Guides that support a written comprehensive and sequential standards-based physical education curriculum provided for all teachers of physical education for use in their classes.
- To ensure all students in Grade 9 are enrolled in a Physical Education course to participate in the required FITNESSGRAM test (EC 51241). Starting July 1, 2007, students in Grade 9 not passing the FITNESSGRAM test will lose the current two-year exemption from physical education and will be placed in subsequent physical education courses with an opportunity to retake the FITNESSGRAM test.
- Be able to offer extracurricular physical activity programs for elementary, middle, and high school students before and after school with physical activity clubs or intramural programs, in a variety of supervised activities.

3. The goal for Health Education is as follows:
    - To maintain a safe and drug-free environment, LAUSD has and will fully comply with mandates for Title IV, Part A: Safe and Drug-Free Schools and Communities Act.
  4. The goal for Health Services is as follows:
    - The District will increase outreach to provide students and their families with information about how to enroll in health insurance plans or Medi-Cal.
  5. The goal for School Counseling, Psychological, and Social Services is as follows:
    - Schools should have methods and procedures for screening and early identification of behavioral problems.
  6. The goals for Safe Environment are as follows:
    - Schools will maintain a safe and healthy school environment.
    - Schools will promptly report workplace safety concerns.
  7. The goal for Staff wellness is as follows:
    - The District will work collaboratively with Organizational Excellence in developing an Employee Wellness Certificate Program.
  8. The goal for Parent/Community Involvement is as follows:
    - Parents should provide a healthy diet and promote physical activity for their child.
- B. The required action steps for schools:
- All schools are expected to comply with applicable federal, state, and local laws and with the “Motion to Promote Healthy Beverages,” “Obesity Prevention,” and the “Cafeteria Improvement Motion” to maintain compliance for nutrition guidelines and fundraising activities.
  - School meals will not be less restrictive than regulations and guidelines as issued by the Secretary of Agriculture and applicable laws.
  - Physical education instruction at the elementary level to include 200 minutes of instruction each 10 school days. (EC 51210)
  - Physical education instruction at the secondary level to include 400 minutes of instruction each 10 school days for students in Grades 6–12, including students with disabilities and special health-care needs and those in alternative education settings. (EC 51222)
  - FITNESSGRAM physical performance test administered in Grades 5, 7, and 9 by staff during the month of February, March, April, or May with results reported to the California Department of Education. (EC 60800)
  - Provide a comprehensive and sequential physical education program for students in Grades 9–12 with exposure to the eight core content areas as described in the California Code of Regulations, Title 5, §10060.
  - California public schools are required to comply with California Education Code (CEC), Section 35294, dealing with the preparation of “safe school plans.”
  - Schools review the Blueprint for Wellness, developed by the Coordinated School Health District Council.
  - Establish a school-site Coordinated School Health (CSH) Committee or an augmented Health and Safety Committee. This committee must have representation from health

education; physical education; health services; nutrition services; counseling, psychological, and social services; safe environment; and parent and community.

- The school site CSH committee or augmented Health & Safety Committee will complete an assessment tool annually. Based on results, develop and implement an action plan.

C. Implementation of Wellness Policy

The committee will annually complete an assessment tool to be created by the Coordinated School Health District Council. The results of the assessment will be presented to the School Site Council by May 30 annually. Upon completion of the presentation to the School Site Council, the principal and UTLA Chapter Chair will sign off on the compliance form and send the form to the designee in the Student Health and Human Services Division and to the Local District Superintendent or designee by May 30 annually.

A designee in the Student Health and Human Services Division will monitor this policy annually and report annually to the Board Health and Safety Committee on status of the policy in the District.

D. Timeline to Implement the Wellness Policy:

Year One: Coordinated School Health District Council will create/identify an assessment tool to be used by the schools to monitor their efforts to improve student and staff wellness.

Year Two: All schools will implement the ten required steps of the wellness policy and complete the assessment tool.

Year Three: Schools will develop an action plan based on their results from the assessment tool and begin implementation of this action plan. This action plan may be incorporated into their Single School Plan or Safe School Plan.

Yearly: Schools will review results from the assessment tool and review the action plan for relevance