

COORDINATED SCHOOL HEALTH WELLNESS

The School Board of the Lafayette Parish School System (LPSS) is committed to promoting the health and well-being of all students, administration, staff, visitors, and community members. The School Board shall promote a healthy school environment by supporting and emphasizing student and employee wellness through proper nutrition, regular physical activity, and a tobacco-free environment with nutrition and physical education.

WELLNESS LEADERSHIP AND COMMITTEE

The Lafayette Parish School System participates in the National School Lunch Program and the School Breakfast Program and has established this *Coordinated School Health Wellness Policy* in accordance with federal and state food and nutrition laws.

Wellness Leadership

The Superintendent or his/her designee has the authority and is responsible for the development, maintenance, and implementation of and compliance with district-wide wellness policies and programs. Each school site administrator will appoint a Wellness Coordinator who is responsible for overseeing compliance with this and other wellness policies and programs at his/her school and reporting on the school's compliance to the Superintendent or his/her designee. Each school's Wellness Coordinator will represent the school on an ad hoc committee at the district level. The Wellness Coordinator will promote the district's wellness plan in his/her school. Contact information for the designated Wellness Program Coordinator at each school may be obtained by calling the school. In addition, Child Nutrition Services staff, at the school and district level, shall assess compliance with nutrition policies within the school site and report noncompliance to the Child Nutrition Director, School Principal, and Superintendent or his/her designee.

District Wellness Policy Committee

To assist the Superintendent and to strengthen the district's wellness policies and practices, the Superintendent has established a *Wellness Policy Committee* which is responsible for continued review and update of the district's *Coordinated School Health Wellness Policy* and implementation of new regulations or requirements as announced by federal and/or state law. The district Wellness Policy Committee includes the Superintendent or his/her designee and representatives from Child Nutrition Services, Risk Management, Athletics and Health and Physical Education, and Nursing Services.

The district Wellness Policy Committee will meet at least two (2) times per school year to establish goals for and oversee the district's wellness policies and programs, including development, implementation, and periodic review and update of this policy. Notice of the date, time, and location of committee meetings will be published on the district's website.

School Health Advisory Council (SHAC)

The Lafayette Parish School Board has established a *School Health Advisory Council* (SHAC) to advise the School Board on physical activity for students, physical and health education, nutrition, and overall student health. Council members are appointed by the School Board and include parents of students and individuals representing the community, as well as school health and food service professionals. The *School Health Advisory Council* may assist the district Wellness Policy Committee in implementation, periodic review, and updating of the *Coordinated School Health Wellness Policy*.

SCHOOL NUTRITION

LPSS Child Nutrition Services (CNS) is committed to providing an environment which encourages the development of lifelong health and well-being through proper nutrition. Child Nutrition Programs comply with State and Federal guidelines and are consistent with the current USDA Dietary Guidelines for Americans.

1. Nutrition Program and School Meals

Students attending the LPSS will have access to a nutritious breakfast, lunch, snacks for after school academic programs, and a la carte items that promote healthy eating habits.

- A. LPSS participates in available Federal (United States Department of Agriculture) School Meal Programs including the School Breakfast Program (SBP), National School Lunch Program (NSLP), After School Care Snack Program, and Summer Food Service Program.
- B. The LPSS School Nutrition Program complies with all nutrition standards as mandated by local, state, and federal guidelines. Menu planning software is used for nutrient analysis. This software ensures meal pattern requirements are met in compliance with the nutrient standards set forth by the Healthy, Hunger-Free Kids Act of 2010.
- C. Reimbursable school meals shall meet requirements found in the USDA's Nutrition Standards for School Meals.
- D. The school cafeteria and dining area shall be a clean, pleasant, healthy environment that encourages students to enjoy mealtime by including age-appropriate seating and attractive décor.
- E. Commercial fast foods, carbonated beverages, concentrated sweets such as candy, and foods that are not in compliance with established nutrition standards are not allowed in the cafeteria and advertising of these items is prohibited.

- F. Schools shall provide sufficient serving areas to ensure access to school meals within the allotted time. In accordance with USDA recommendations, students are scheduled a minimum of twenty minutes' seated time at the lunch table in order to provide adequate nutrient consumption and to minimize plate waste.
 - G. Schools are encouraged to schedule recess prior to the lunch period.
 - H. Child Nutrition Services will provide diet modifications for special dietary and religious/ethnic needs of individual students with proper documentation using the current LPSS Diet Prescription Form.
 - I. Students identified with severe food allergies will be addressed on an individual basis and through outlined allergen-free classroom procedures.
2. Smart Snacks in Schools (Formerly Known as Competitive Foods)

The intent of the USDA Smart Snacks in Schools law is to prohibit the sale or service of foods of minimal nutritive value.

- A. During the school day, any food or beverage that is offered, sold, or used outside of the National School Lunch, Breakfast, or Snack Program must comply with Louisiana Smart Snacks and USDA Smart Snacks in Schools nutrition standards.
- B. The Pennington Biomedical Research Center's Vending List is a list of foods and beverages that are allowable on school campuses and during the school day. The foods and beverages on the Pennington List meet the Louisiana and USDA Smart Snacks in Schools nutrition standards.
- C. The state of Louisiana excludes entrees from being offered or sold outside of the National School Lunch or Breakfast Program.
- D. Food and beverages that are offered, sold, or used for fundraising activities held on school grounds for student consumption during the school day are allowed if found on the Pennington Biomedical Research Center's Vending List. Exceptions to this rule include food and beverage items that are found to meet Louisiana Smart Snacks nutrition standards and are approved by the CNS Registered Dietitian.
- E. Foods and beverages used as part of the planned classroom curriculum are allowed if approved by the CNS Registered Dietitian.
- F. Foods and beverages will not be used as rewards for academic performance or good behavior or withheld as punishment for any reason.

Teachers should consult with their principals for a list of alternative ways to reward children.

- G. Celebrations that involve food during the school day shall be limited and can be scheduled at least one hour after the end of the last lunch period. Items brought to school for celebrations or special events may not be home-made and are approved if found on the Pennington Biomedical Research Center's Vending List and found to meet the Smart Snacks nutrition standards.

3. Nutrition Education

Nutrition education will be provided to students to emphasize lifelong habits of healthy eating, and will establish linkages between health education and school meal programs.

- A. Nutrition education is specifically targeted towards the student by the School Nutrition Program through the website, monthly newsletters, theme promotions, signage, and nutrition-related educational materials at the individual school sites.
- B. To promote and protect the health of the students, nutrition education is offered as a part of health education classes and also used in classroom instruction.
- C. Qualified Nutrition Professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students.
- D. Continuing education in Basic Nutrition and Food Safety and Sanitation Practices is provided regularly for all employees of Child Nutrition Services.

4. Food and Beverage Marketing in Schools

It is the intent of the district to protect and promote student health and to provide consistent health-related messaging. Foods and beverages marketed or promoted on school campus during the school day will be restricted to those that meet the Louisiana Smart Snacks and USDA Smart Snacks in Schools nutrition standards.

As the district reviews existing contracts and considers new contracts, equipment and/or product purchasing and replacement, its decisions will reflect these marketing guidelines.

5. Enforcement

Any violation of the *Wellness Policy* may result in withholding of federal

reimbursement for meals. The offending school shall be required to reimburse Child Nutrition Services for the loss of funds. In addition, the school will lose the privilege of operating vending machines for 90 school days.

- A. School fundraisers submitted to school accounting that include food and beverages are forwarded to Child Nutrition Services for review prior to approval.
- B. Routine monitoring will be conducted to ensure that the guidelines for school meals, nutrition standards, competitive foods, and other operational services are in compliance with Federal, State, and local guidelines.
- C. School site administrators and wellness coordinators, as well as Child Nutrition Services, will be responsible for enforcing guidelines for Smart Snacks in Schools at each individual school site.

PHYSICAL ACTIVITY AND EDUCATION

For students to receive the nationally-recommended amount of daily physical activity (*i.e.*, at least 60 minutes per day), and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class.

- 1. Policies
 - A. Students in Grades K-8 are required by state law to receive at least thirty (30) minutes of physical activity per day.
 - B. Students in grades K-5 will be provided a minimum of 150 minutes per week of physical education.
 - C. Students in Grades 6-9 will be provided a minimum of 250 minutes per week of physical education.
 - D. High school students are required to have a minimum of 1.5 Carnegie units in physical education to graduate. High school students will also earn one half credit of comprehensive health education.
 - E. The school should provide a curriculum that enhances a physical and social environment that promotes safe practices and enjoyable activity for all students, including those who are not athletically gifted.
 - F. Students should be given opportunities for physical activity through a range of extra-curricular programs such as intramurals, interscholastic athletics, and physical activity clubs.

- G. Physical education courses will be the environment where students learn, practice, and are assessed on developmentally appropriate motor skills, social skills, and knowledge. An instrument or program such as *Fitnessgram®* shall be used to evaluate students' body composition and fitness. In addition, physical fitness may be measured by the President's Test on Physical Fitness.
- H. State certified physical education instructors shall teach all physical education classes as required by *Bulletin 741, Louisiana Handbook for School Administrators*.
- I. Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.
- J. Students may be exempt from the Health and Physical Education requirements for medical reasons only, as mandated in *Bulletin 741*.
- K. Physical activity during the school day (including but not limited to recess, classroom physical activity breaks, or physical education) will not be withheld as punishment for any reason. However, Limited Choice Recess is permitted, where alternative activities take the place of free play.

2. Enforcement

- A. Routine monitoring will be conducted to ensure that Health and Physical Education lessons are aligned with standards, benchmarks, and grade level expectations as per the LPSS Physical Education Content Standards and in compliance with *Bulletin 741*.
- B. In addition, an annual report is submitted to the Louisiana Department of Education documenting class time.
- C. School site administrators will be responsible for enforcing guidelines for physical activity at each individual school site.

HEALTH SERVICES

School nurses serve as liaisons among students, families, school staff, and medical providers to ensure and promote the health and safety of students and to facilitate and advocate for the well-being and academic success of students. School nurses provide direct care; medical procedures; disease management; education; first aid; emergency care for illness or injury; and prevention and protection against the spread of communicable diseases.

1. Chronic Illness

- A. Nurses shall complete an assessment and secure orders from the medical provider for medical care during school hours.
- B. Nurses shall complete and provide health plans.
- C. Nurses shall educate staff regarding the care plan and emergency treatment plans.

2. Communicable Diseases and Illnesses

- A. Nurses shall complete health assessments of students and provide health referrals to medical providers with guidance from the Louisiana Department of Health and Hospitals, Office of Public Health.
- B. Nurses shall audit records of students to ensure universal immunization against communicable diseases
- C. Nurses shall provide services and education to protect and promote health.

3. Screenings

- A. Nurses shall conduct hearing and vision screenings for students.
- B. Nurses shall notify parents of any student in need of further medical evaluation.

4. First Aid

- A. Nurses shall provide treatment to students with injuries.
- B. Nurses shall contact the parent of an injured student and provide referrals for emergency care if needed.

TOBACCO-FREE

All Lafayette Parish School Board properties shall be smoke-free and tobacco-free environments. School Board policies EB, *Buildings and Grounds Management*; GAMA, *Employee Tobacco Use*; JCDA, *Student Use of Tobacco*; and IDBB, *Alcohol, Tobacco, Drug and Substance Abuse Education Program* provide further guidance related to LPSS policies regarding tobacco on campus and enforcement and violation of the same.

IMPLEMENTATION, MONITORING, ACCOUNTABILITY, AND COMMUNITY ENGAGEMENT

Implementation

Each school in the district will form a school-level wellness committee to develop tools and procedures to manage, coordinate, and evaluate the school's implementation of the district *Coordinated School Health Wellness Policy* (File JGB), including but limited to, delineation of roles, responsibilities, actions and timelines specific to the school's efforts to implement and comply with the goals and standards set forth in the district policy and persons responsible for making changes and completing school-level assessments. The school-level assessment shall be completed by October 1 of each school year.

Triennial Assessment

At least once every three (3) years, the Superintendent or his/her designee will conduct an assessment to measure implementation of and compliance with the district's Wellness Policy.

School-level assessments will be compiled and a Triennial Assessment Report will be developed and made available to the public. The report will describe the extent to which the district's schools comply with the district's Wellness Policy and Program, the extent to which the district's *Wellness Policy* and *Program* aligns with model wellness policies, and progress made in attaining the goals of the *Wellness Policy* and *Program*.

Recordkeeping

The Superintendent or his/her designee LPSS shall retain records to document compliance with the requirements of the *Coordinated School Health Wellness Policy* at the LPSS Child Nutrition Services and the Lafayette Parish School Board central office. Documentation maintained in these locations shall include, but shall not be limited to

- A copy of the written *Coordinated School Health Wellness Policy* (File JGB);
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the *Coordinated School Health Wellness* policy; including an indication of who is involved in the process, their relationship to the school system, and methods used to provide stakeholders with notice of their ability to participate;
- Documentation demonstrating compliance with the annual public notification requirements;
- The most recent triennial assessment of the policy; and
- Documentation demonstrating that the most recent assessment on the implementation of the *Coordinated School Health Wellness Policy* has been

made available to the public.

Updates to the *Wellness Policy*

The district will update or modify the *Wellness Policy* as appropriate based on the triennial assessment and/or as district priorities change, community needs change, wellness goals are met, new health science, information, and technology emerges, and new federal or state guidance or standards are issued.

Community Involvement, Communications, and Notification of Policy

The LPSS is committed to being responsive to community input, which begins with awareness of the *Coordinated School Health Wellness Policy (File JGB)*. The *Coordinated School Health Wellness Policy* will be shared with parents and the community through the LPSS website, take-home flyers, and other media. The LPSS will inform parents and the public with information regarding improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and application procedures, and a description of and compliance with nutrition standards. The District will use electronic mechanisms, such as e-mail and/or displaying notices on the School Board's website, and/or non-electronic mechanisms, such as newsletters, presentations to parents and others, and/or sending information home to parents, to ensure that families and the public are aware of the district's wellness policies, programs, and initiatives.

On its website and/or via district-wide communications, LPSS will annually inform families and the public of information about this policy, including its content, any updates to the policy, implementation status, contact information for the district official(s) coordinating the Wellness Committee, and information on how the public can get involved with the Wellness Policy process and similar activities and initiatives.

Ref: PL 108-265 (*Section 204, Child Nutrition and Women, Infants, and Children (WIC) Reauthorization Act of 2004*); 42 USC 1751 et seq. (*Richard B. Russell National School Lunch Act*); 42 USC 1771 et seq. (*Child Nutrition Act of 1966*); 7 CFR 210 (National School Lunch Program); 7 CFR 220 (School Breakfast Program); La. Rev. Stat. Ann. §17:17.1, 17:197.1; Board minutes, 10-19-11, 11-7-15, 11-30-16, 12-13-17, 10-3-18