



Does Your Local School Wellness Policy Measure Up?

A local school wellness policy (LSWP) is a written document that guides a local educational agency (LEA) or school district's efforts to establish a school environment that promotes students' health, well-being, and ability to learn. Use this checklist to review and update your wellness policy and ensure it meets all requirements written in *SEC. 204 of Public Law 111-296 Local School Wellness Policy Implementation* and the Code of Federal Regulation 210.30 and 220.7 and all Final Rule guidance.

Policy	
Requirement	Page of Policy
<input type="checkbox"/> Current LSWP: LSWP meets Final Rule requirements. Date it was last updated: <u>June 19, 2018</u>	
<i>Documentation: dated hard copy or web posting (must contain non-discrimination statement)</i>	6
Policy Includes:	
<input checked="" type="checkbox"/> Specific Goals for Student Wellness that are specific and consider evidence-based strategies	
• <input checked="" type="checkbox"/> nutrition promotion	3
• <input checked="" type="checkbox"/> nutrition education	3
• <input checked="" type="checkbox"/> physical activity	4
• <input checked="" type="checkbox"/> other school-based activities	5
<input checked="" type="checkbox"/> School Meals: Meet, at minimum, the federal and state standards for meals provided by school	2
<input checked="" type="checkbox"/> Competitive Foods and Beverages: Smart Snacks in School standards for other foods and beverages sold at school during the school day (before school and 30 minutes after school day)	3
<input checked="" type="checkbox"/> Foods and Beverages Not Sold- Nutrition standards outlined for foods and beverages available throughout the school day (classroom parties and snacks, foods rewards, fundraising on campus)	2
<input checked="" type="checkbox"/> Foods and Beverages Marketing Policies for items marketed or advertised on campus, must meet Smart Snack standards (if you can't sell it, you can't market it)	3
<input checked="" type="checkbox"/> Policy Leadership: Description and title or position with LSWP authority and responsibility	2
<input checked="" type="checkbox"/> Description of Plan for public involvement and notification, and for measuring implementation	2
<input checked="" type="checkbox"/> LSWP Leadership: LEA has designated at least one school official by position or title who has the authority and responsibility to ensure each school complies with the policy.	2
<i>Other areas above and beyond minimum</i>	



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LSWP Implementation:										
Requirement	Documentation									
<p><input checked="" type="checkbox"/> Public Involvement: LEA permits involvement of the following people in the development, implementation, review, and modification of the LSWP:</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 33%;"><input type="checkbox"/> Parents</td> <td style="width: 33%;"><input checked="" type="checkbox"/> Students</td> <td style="width: 33%;"><input type="checkbox"/> School Food Service</td> </tr> <tr> <td><input type="checkbox"/> Teachers of Physical Education</td> <td><input type="checkbox"/> School Health Professionals</td> <td><input type="checkbox"/> School Board Members</td> </tr> <tr> <td><input type="checkbox"/> School Administrators</td> <td><input checked="" type="checkbox"/> General Public</td> <td></td> </tr> </table>	<input type="checkbox"/> Parents	<input checked="" type="checkbox"/> Students	<input type="checkbox"/> School Food Service	<input type="checkbox"/> Teachers of Physical Education	<input type="checkbox"/> School Health Professionals	<input type="checkbox"/> School Board Members	<input type="checkbox"/> School Administrators	<input checked="" type="checkbox"/> General Public		<p>A flyer is posted at each facility on the community board inviting individuals including County Social Workers, Community Care Licensing, school professionals who are a part of our resident's case plan.</p>
<input type="checkbox"/> Parents	<input checked="" type="checkbox"/> Students	<input type="checkbox"/> School Food Service								
<input type="checkbox"/> Teachers of Physical Education	<input type="checkbox"/> School Health Professionals	<input type="checkbox"/> School Board Members								
<input type="checkbox"/> School Administrators	<input checked="" type="checkbox"/> General Public									
<p><i>Documentation: committee roster, agendas/minutes, meetings announcements, invitations, work plan</i></p>										
<p><input checked="" type="checkbox"/> Public Notification: LEA informs and updates the public about the LSWP.</p>										
<ul style="list-style-type: none"> • <input checked="" type="checkbox"/> Annual notification of the content of the LSWP and any updates if needed 	If applicable, an e-mail is sent out.									
<ul style="list-style-type: none"> • <input checked="" type="checkbox"/> How the public can be involved in the LSWP 	Flyer posted on facility's community board and emailed out.									
<ul style="list-style-type: none"> • <input checked="" type="checkbox"/> The position and/or title of the designated official who has the authority and responsibility to ensure each school complies with the public 	Information located on flyer.									
<ul style="list-style-type: none"> • <input type="checkbox"/> Report of the Triennial Assessment, no later than June 30, 2020 										
<p><i>Documentation: letters, e-mails, newsletters, board reports, web page, student handbooks, flyers</i></p>										
<p><input type="checkbox"/> Triennial Assessment: At least every three years, beginning no later than June 30, 2020, LEA completes assessment to include compliance with the LSWP, comparison to model policies, and progress in attaining the goals of the policy. LEA informs and updates the public about the LSWP.</p>	6									
<p><i>Documentation: dated completed assessment tools such as WellSAT2.0 for comparison to model policy and School Health Index for progress and/or district generated checklists and assessments; updated implementation plan</i></p>										

CALIFORNIA RCCI WELLNESS POLICY 2017
NATIONAL SCHOOL BREAKFAST, LUNCH AND SNACK PROGRAMS

LUVLEE'S RESIDENTIAL CARE, INC.
NEW DAWN
PO BOX 2232
WALNUT, CA 91788
1-909-594-2762

I. Health Councils

The Agency will create a Health Council to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The Health Council also will serve as resources to school sites for implementing those policies. The Health Council will consist of a group of individuals representing the school and community, and should include parents, students, members of the Agency board, school administrators, teachers, health professionals, and members of the public.

Public Notice

The Agency will inform by posting and update the public (including parents, students, and others in the community) about the content and implementation of this wellness policy. The LWP shall be available for review by residents and stakeholders by posting inside of the residence.

II. Nutritional Quality of Foods

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;²
- serve only low-fat (1%) and fat-free milk³ and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- ensure that ALL of the served grains are whole grain.^{3,4}

Staff will provide taste-tests of new entrees and surveys, in selecting foods, in order to identify new, healthful, and appealing food choices. In addition, our Agency will share information about the nutritional content of meals with parents and students. Such information will be made available on menus or other point-of-purchase materials.

Meal Times and Scheduling

Our Agency:

- will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;

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- should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.;
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- will take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

Qualifications of School Food Service Staff

As part of the Agency's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals. Staff development programs should include appropriate certification and/or training programs for the Director, Administrator, House Manager and staff, according to their levels of responsibility.

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. Our Agency 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 Agency will disseminate a list of healthful snack items to Staff, after-school program personnel, and parents.

Competitive Foods and Beverages

Smart Snacks and Competitive Foods are not sold at this Agency.

III. Nutrition and Physical Activity Promotion

Nutrition Education and Promotion

Our Agency aims to teach, encourage, and support healthy eating by students. We will provide nutrition education and engage in nutrition promotion that:

- is offered to provide students with the knowledge and skills necessary to promote and protect their health;

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- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as promotions, taste testing, farm visits, and school gardens;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- links with school meal programs, other school foods, and nutrition-related community services;
- teaches media literacy with an emphasis on food marketing; and
- includes training for all staff.

Communications with Parents

Our Agency will support parents' efforts to provide a healthy diet and daily physical activity for their children when on home visits. We will offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. When on home passes, we will encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The Agency will provide parents a list of foods that meet the district's snack standards.

Staff Wellness

Our Agency highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Each Site should establish and maintain a staff wellness committee composed of at least one staff member, Health Council member, local hospital representative, dietitian or other health professional, recreation program representative. The committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. The staff wellness committee should distribute its plan to the Agency Health Council annually.

IV. Physical Activity Opportunities and Physical Education

Daily Physical Education

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All students, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 150 minutes/week for elementary school students and 225 minutes/week for middle and high school students) for the entire school year. All physical education will be taught by a Staff. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activities.

Safe Routes to School

The Agency will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the Director will work together with local public works, public safety, and/or police departments in those efforts. The school district will encourage students to use public transportation when available and appropriate for travel to school and will work with the local transit agency to provide transit passes for students.

Use of School Facilities Outside of School Hours

School spaces and facilities should be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

V. Monitoring and Policy Review

Monitoring

The Director will ensure compliance with the nutrition, physical activity wellness policies and compliance with those policies at the Site.

Food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Administrator. The Director will develop a summary report every three years on Agency compliance on nutrition and physical activity wellness policies. That report will be provided to the Board, Health Council and staff.

Policy Review

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To help with the initial development of the Agency's wellness policies, the Director will conduct a baseline assessment of the Sites existing nutrition, physical activity, environments and policies. The results will be compiled to identify and prioritize needs.

Assessments will be repeated every year to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the Agency will review our nutrition and physical activity policies; an assessment of the implementation of the wellness policy (including the extent to which the agency complies with the wellness policy, the extent to which the wellness policy complies to model wellness policies, and the progress made towards attaining the goals of the wellness policy); provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. Assessments will be made available to the public upon request.

Non-Discrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at 800-877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: USDA Program Discrimination Complaint Form, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.

"This institution is an equal opportunity provider"

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Your District's Scorecard

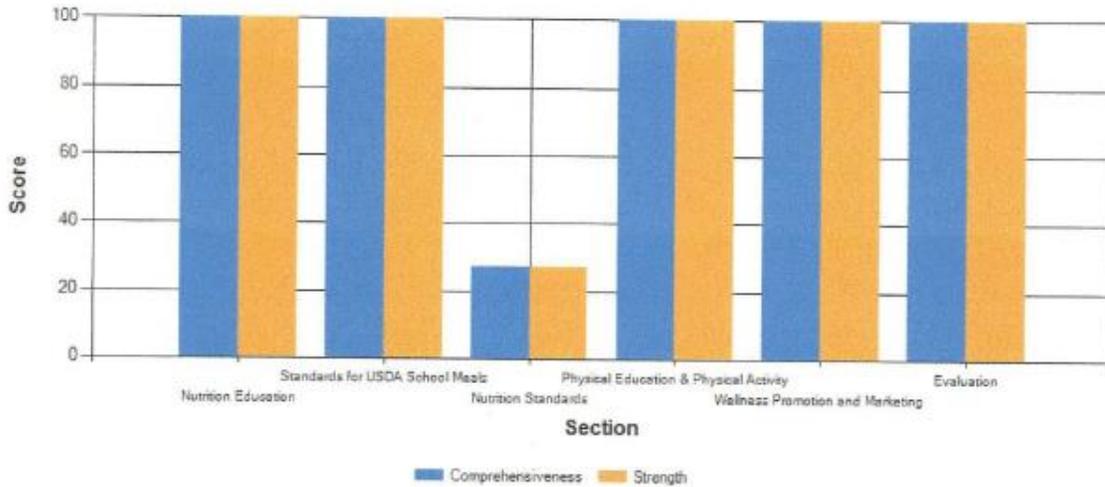
[Close window](#)

Congratulations! You have completed the WellSAT. Check out your scorecard below. It contains details of how you scored on each item and section of the assessment. It also provides resources that will help you improve your district's school wellness policy.

Items with a rating of "0" (item not addressed in the policy) or "1" (general or weak statement addressing the item) can be improved by referring to the resource links next to the items. Multiple resources addressing school wellness policy topics are available online. To avoid duplicative information, we have included a small selection, rather than a comprehensive listing.

Version: 3.0

Policy Name: Luvlee's Residential Care, Inc.



Section 1. Nutrition Education

Rating

NE1	Includes goals for nutrition education that are designed to promote student wellness.	2
NE2	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	2
NE4	All middle school students receive sequential and comprehensive nutrition education.	2
NE5	All high school students receive sequential and comprehensive nutrition education.	2
NE6	Nutrition education is integrated into other subjects beyond health education	2
NE7	Links nutrition education with the school food environment.	2
NE8	Nutrition education addresses agriculture and the food system.	2
Subtotal for Section 1	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 7. Multiply by 100. Do not count an item if the rating is "0."	100
	Strength Score: Count the number of items rated as "2" and divide this number by 7. Multiply by 100.	100

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[Click here for Nutrition Education Resources](#)

Section 2. Standards for USDA Child Nutrition Programs and School Meals

Rating

SM1	 Assures compliance with USDA nutrition standards for reimbursable school meals.	2
SM2	Addresses access to the USDA School Breakfast Program.	2
SM3	 District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	2
SM5	Specifies how families are provided information about determining eligibility for free/reduced priced meals.	2
SM6	Specifies strategies to increase participation in school meal programs.	2
SM7	Addresses the amount of "seat time" students have to eat school meals.	2
SM8	 Free drinking water is available during meals.	2
SM9	 Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	2
SM10	 Addresses purchasing local foods for the school meals program.	2
Subtotal for Section 2	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 9. Multiply by 100. Do not count an item if the rating is "0."	100
	Strength Score: Count the number of items rated as "2" and divide this number by 9. Multiply by 100.	100

[Click here for School Food Resources](#)

Section 3. Nutrition Standards for Competitive and Other Foods and Beverages

Rating

NS1	 Addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages sold to students during the school day.	0
NS2	USDA Smart Snack standards are easily accessed in the policy.	0
NS3	 Regulates food and beverages sold in a la carte.	0
NS4	 Regulates food and beverages sold in vending machines.	0
NS5	 Regulates food and beverages sold in school stores.	0

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NS6	 Addresses fundraising with food to be consumed during the school day.	0
NS7	Exemptions for infrequent school-sponsored fundraisers.	0
NS10	Addresses nutrition standards for all foods and beverages served to students after the school day, including, before/after care on school grounds, clubs, and after school programming.	2
NS11	Addresses nutrition standards for all foods and beverages sold to students after the school day, including before/after care on school grounds, clubs, and after school programming.	2
NS12	Addresses food not being used as a reward.	0
NS13	Addresses availability of free drinking water throughout the school day.	2
Subtotal for Section 3	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 11. Multiply by 100. Do not count an item if the rating is "0."	27
	Strength Score: Count the number of items rated as "2" and divide this number by 11. Multiply by 100.	27

[Click here for Nutrition Standards Resources](#)

Section 4. Physical Education and Physical Activity

Rating

PEPA1	 There is a written physical education curriculum for grades K-12.	2
PEPA2	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.	2
PEPA3	Physical education promotes a physically active lifestyle.	2
PEPA4	Addresses time per week of physical education instruction for all elementary school students.	2
PEPA5	Addresses time per week of physical education instruction for all middle school students.	2
PEPA6	Addresses time per week of physical education instruction for all high school students.	2
PEPA7	Addresses qualifications for physical education teachers for grades K-12.	2
PEPA8	Addresses providing physical education training for physical education teachers.	2
PEPA9	Addresses physical education exemption requirements for all students.	2
PEPA10	Addresses physical education substitution for all students.	2
PEPA11	 Addresses family and community engagement in physical activity opportunities at all schools.	2
PEPA12	 Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.	2

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PEPA14	 Addresses physical activity breaks during school.	2
PEPA15	Joint or shared-use agreements for physical activity participation at all schools.	2
PEPA16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.	2
Subtotal for Section 4	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 15. Multiply by 100. Do not count an item if the rating is "0."	100
	Strength Score: Count the number of items rated as "2" and divide this number by 15. Multiply by 100.	100

[Click here for Resources on Physical Activity in Schools](#)

Section 5. Wellness Promotion and Marketing

Rating

WPM1	Encourages staff to model healthy eating and physical activity behaviors.	2
WPM2	 Addresses strategies to support employee wellness.	2
WPM3	Addresses using physical activity as a reward.	2
WPM4	Addresses physical activity not being used as a punishment.	2
WPM5	Addresses physical activity not being withheld as a punishment.	2
WPM6	Specifies marketing to promote healthy food and beverage choices.	2
WPM7	 Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.	2
WPM8	Addresses marketing on signs, scoreboards, sports equipment.	2
WPM9	Addresses marketing in curricula, textbooks, websites used for educational purposes, or other educational materials, both printed and electronic.	2
WPM10	Addresses marketing on exteriors of vending machines, food or beverage cups or containers, food display racks, coolers, trash and recycling containers, etc.	2
WPM11	Addresses marketing on advertisements in school publications, on school radio stations, in-school television, computer screen savers and/or school-sponsored Internet sites, or announcements on the public announcement (PA) system.	2
WPM12	Addresses marketing on fundraisers and corporate-sponsored programs that encourage students and their families to sell, purchase, or consume products and/or provide funds to schools in exchange for consumer purchases of those products.	2
Subtotal for Section 5	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 12. Multiply by 100. Do not count an item if the rating is "0."	100
	Strength Score:	100

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Count the number of items rated as "2" and divide this number by 12. Multiply by 100.	
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[Click here for Wellness Promotion and Marketing Resources](#)

Section 6. Implementation, Evaluation & Communication

Rating

IEC1	Addresses the establishment of an ongoing district wellness committee.	2
IEC2	 Addresses how all relevant stakeholders (parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrator, and the general public) will participate in the development, implementation, and periodic review and update of the local wellness policy.	2
IEC3	 Identifies the officials responsible for the implementation and compliance of the local wellness policy.	2
IEC4	 Addresses making the wellness policy available to the public.	2
IEC5	 Addresses the assessment of district implementation of the local wellness policy at least once every three years.	2
IEC6	 Triennial assessment results will be made available to the public and will include:	2
IEC7	 Addresses a plan for updating policy based on results of the triennial assessment.	2
IEC8	Addresses the establishment of an ongoing school building level wellness committee.	2
Subtotal for Section 6	<p>Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 8. Multiply by 100. Do not count an item if the rating is "0."</p>	100
	<p>Strength Score: Count the number of items rated as "2" and divide this number by 8. Multiply by 100.</p>	100

[Click here for Resources for Wellness Policy Development, Implementation and Evaluation](#)

Overall District Policy Score

<p>Total Comprehensiveness Add the comprehensiveness scores for each of the six sections above and divide this number by 6.</p>	<p>District Score 88</p>
<p>Total Strength Add the strength scores for each of the six sections above and divide this number by 6.</p>	<p>District Score 88</p>

 Federal Requirement
  Farm to School
  CSPAP