

PALOS VERDES PENINSULA USD

BOARD POLICY 5030: STUDENT WELLNESS

The Governing Board 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 Student Wellness Policy addresses nutrition promotion and education, physical activity, and other school-based activities that promote student wellness.

The District is committed to providing healthful meals to students at all schools sites that comply with the nutritional guidelines of the National School Lunch Program (NSLP). Additionally, all secondary sites participate in the School Breakfast Program (SBP). The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices. The school meal programs also works to accommodate cultural food preferences and special dietary needs.

Foods and beverages sold by student organizations and parent groups for fundraising purposes on the school campus, during the school day, must also meet or exceed state nutrition standards. The district encourages non-food options or healthful food options for class parties and rewards.

- *All school lunches contain a meat/meat alternative, a whole grain component, fresh fruit, fresh vegetables, and fluid milk. All menu features follow recommended dietary fat and sodium guidelines. All grain items served must be at least 51% whole grain.*
- *Fresh salad bars are available at every school site. We are proud to source our seasonal fruits and vegetables locally. Students are encouraged to take 1 serving of fruit and/or vegetable at each meal.*
- *Vegetarian options are available daily.*
- *Food Services continues to seek out natural, "clean label" foods to feature on the menu.*
- *Food Services is pleased to use eco-friendly, biodegradable servingware*

The District has appointed a Nutrition Wellness Committee composed of various stakeholders who are responsible for the development, implementation and update of the Policy. The Committee also establishes wellness goals and assesses compliance of this Policy at least once every three years.

Refer to BP 5030: Student Wellness Policy on the district website for full text.

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: [How to File a Complaint](#), 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:

- | | | | |
|-----|--|-----|---|
| (1) | mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; | (2) | fax: (202) 690-7442; or |
| | | (3) | email: program.intake@usda.gov . |

This institution is an equal opportunity provider.

Updated 2/19/20