

Bellflower Unified School District  
Wellness Policy:  
Citizens' Task Force Update

April 29, 2015

District Wellness Committee

# Purpose

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Ensuring environments and opportunities to practice healthful eating and physically active behaviors

# Leading with Why

HBO

Tweet

5,548

Like

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+1

794

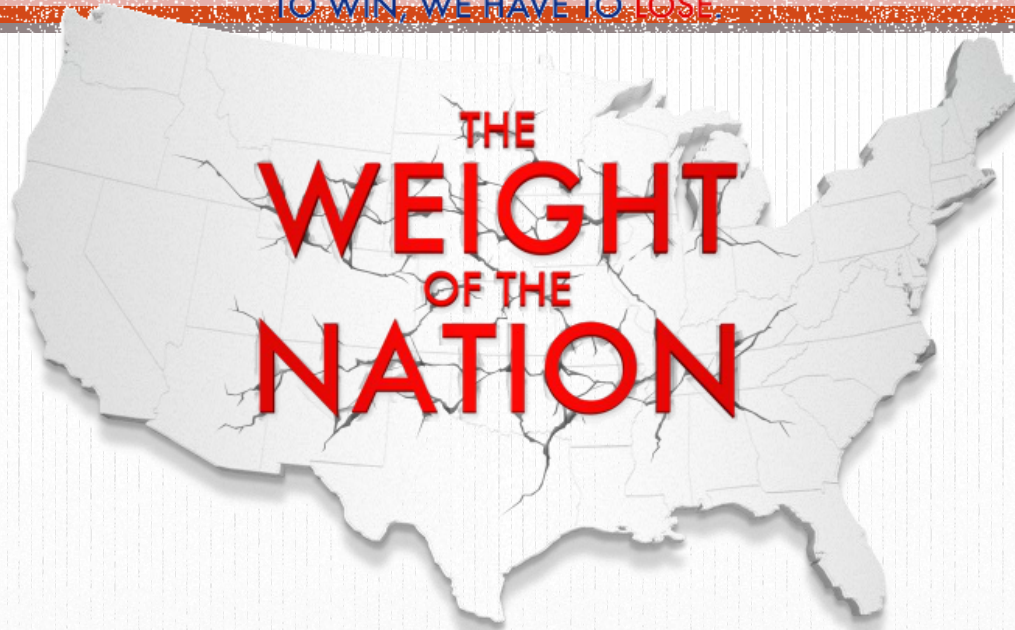
Login

WATCH

LEARN

TAKE ACTION

TO WIN, WE HAVE TO LOSE



CONFRONTING AMERICA'S OBESITY EPIDEMIC.

WATCH THE FILMS

TAKE ACTION

FACT

About 46% of adults' added sugar intake comes from sugary drinks.



# The Epidemic of Childhood Obesity

Childhood Obesity Needs to be Solved Now



# Our Student's Data: A Snapshot

## Physical Fitness Test Results

BUSD students show improvement as they get older (grade 9 has the best fitness results for the district)

Grade 5 2013-2014				Grade 7 2013-2014				Grade 9 2013-2014				
		BUSD	LA County	California		BUSD	LA County	California		BUSD	LA County	California
Aerobic Capacity	Healthy Zone	54.4%	60.2%	63.4%	Healthy Zone	52.8%	60.8%	65.0%	Healthy Zone	57.5%	59.1%	63.9%
	Unhealthy Zone	37.8%	32.6%	30.1%	Unhealthy Zone	35.6%	28.5%	25.0%	Unhealthy Zone	29.3%	26.6%	23.4%
	Health Risk Zone	7.8%	7.2%	6.5%	Health Risk Zone	11.6%	10.8%	10.0%	Health Risk Zone	13.2%	14.3%	12.7%
Body Composition	Healthy Zone	53.8%	55.4%	59.5%	Healthy Zone	56.9%	58.5%	61.5%	Healthy Zone	63.8%	61.4%	64.2%
	Unhealthy Zone	21.0%	19.9%	19.5%	Unhealthy Zone	19.9%	20.2%	19.4%	Unhealthy Zone	16.7%	20.0%	19.0%
	Health Risk Zone	25.2%	24.7%	21.0%	Health Risk Zone	23.2%	21.3%	19.1%	Health Risk Zone	19.5%	18.6%	16.8%

This represents 133 students in the Health Risk Zone

BUSD and LA county regularly lag behind the state average

BUSD closes the gap between district results and the state average

This cohort experienced an overall drop in fitness in grade 7

The cohort showed improved Aerobic Capacity in grade 9

Class of 2017 A Longitudinal Look		Grade 5 2010	Grade 7 2012	Grade 9 2014
Aerobic Capacity	Healthy Zone	59.8%	55.9%	63.9%
	Unhealthy Zone	40.2%	26.2%	23.4%
	Health Risk Zone	Not reported	17.9%	12.7%
Body Composition	Healthy Zone	68.0%	52.5%	64.2%
	Unhealthy Zone	32.0%	14.0%	19.0%
	Health Risk Zone	Not reported	33.5%	16.8%

### Additional Physical Fitness Test Results

Students are assessed in six areas

- Aerobic Capacity
- Abdominal Strength and Endurance
- Upper Body Strength and Endurance
- Body Composition
- Trunk Extensor Strength and Flexibility
- Flexibility

To see the full results, follow the QR code



# Goals

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Students have access to healthful foods throughout the school day—both through reimbursable school meals and other foods available throughout the school campus—in accordance with Federal and state nutrition standards;

Students receive quality nutrition education that helps them develop lifelong healthful eating behaviors;

Students have opportunities to be physically active before, during, and after school;

Schools engage in nutrition education, promote physical activity and other activities that promote student wellness; and

The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthful habits.

# Changes to the Policy

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# Nutrition

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The District will promote healthful food and beverage choices in **school meals:**

- fruits
- vegetables
- whole grains
- fat-free and low-fat milk
- foods moderate in sodium and low in saturated fat



# Nutrition

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## **Nutrition Promotion**

- Promote participation in school meal programs and compliance with Smart Snack Guidelines
- Student taste testing (Harvest of the Month)

## **Nutrition Education**

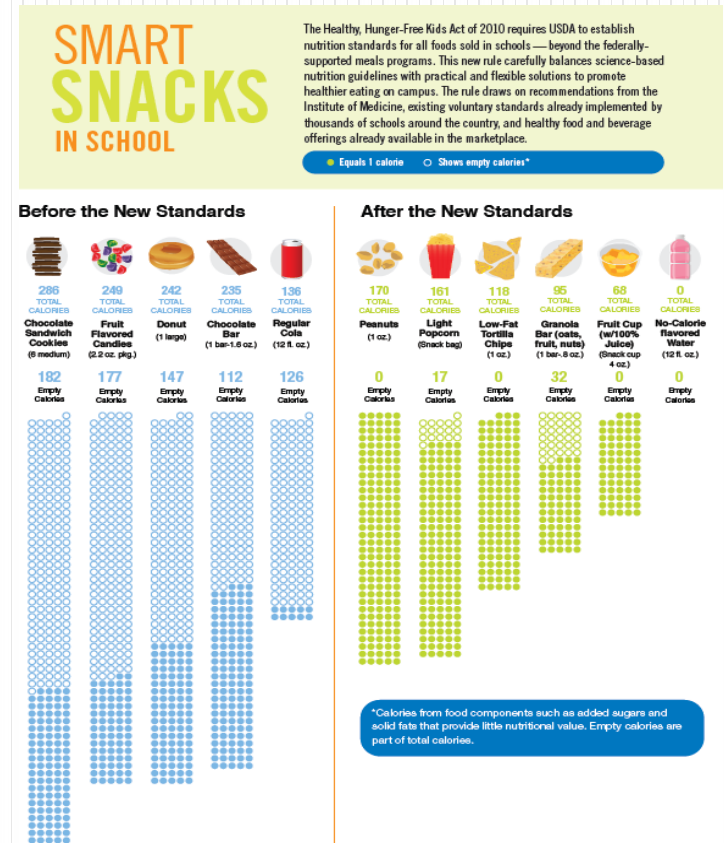
- Teaching, modeling, encouraging, and supporting healthful eating through integrating nutrition education into classroom subjects

## **Food and Beverage Marketing in Schools**

- No marketing of foods and beverages that do not meet District nutrition standards

# Nutrition

The District is committed to ensuring all **competitive foods and beverages** available to students **MEET** or **EXCEED** USDA **Smart Snacks** in School nutrition standards



# Nutrition

## Items NOT recommended

Chips

Candies

Cookies



## Items NOT allowed

Flavored beverages

Carbonated beverages

## Items that ARE recommended

Fruit

Crackers

Vegetables

Yogurt

Nuts

Sunflower seeds

# Nutrition

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## **Celebrations and Rewards**

All foods must meet or exceed the USDA Smart Snacks guidelines

### **Celebrations**

- Encourage the use of non-food items:
  - donate a book to the classroom library for
  - pencils
  - stickers
  - notebooks

### **Rewards**

- The District will encourage the use of alternative rewards
- Foods and beverages will not be withheld as punishment

# Nutrition

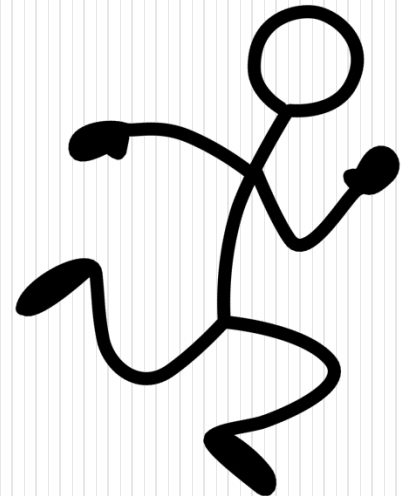
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## Fundraising

All foods sold during the school day must meet or exceed the USDA Smart Snacks guidelines.

It is recommended that schools use non-food fundraisers such as:

- walk-a-thons
- jump rope for heart
- fun runs



# Physical Activity

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Daily physical activity goal of 60 minutes

Comprehensive program includes:

- Physical education courses
- Recess
- Classroom based physical activities
- Walk and bicycle to school, and
- Out-of-school time activities

Physical activity during the school day **will not be withheld** as punishment

# Physical Education

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- Curriculum will promote the benefits of a physically active lifestyle, promote benefits of an active lifestyle and develop skills to engage in lifelong healthy habits
- **Elementary students** – 200 minutes of physical education every 10 days
- **Secondary students** – 400 minutes of physical education every 10 days

# Recess (Elementary)

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- Offer **15 minutes** of recess on all or most school days
- **Outdoor recess** offered when weather is feasible
- **Indoor recess** will follow indoor guidelines to promote physical activity
- Monitors/teachers will serve as role models for physical activity whenever feasible
- **Physical Activity Breaks** – teachers are encouraged to offer periodic opportunities to be active or stretch



# Active Academics and Transport

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Teachers are encouraged to incorporate movement and kinesthetic learning approaches into “**core**” instruction when possible

District will support active transport to and from school such as walking or biking

- Walk/Bike to School Week
- Designate preferred/safe routes to school
- Creation/distribution of maps (sidewalks, crosswalks, bike racks, etc.)

# Implementation, Monitoring, Accountability, and Community Engagement

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## **Implementation Plan**

The District will develop and maintain a plan to manage and coordinate the execution of this wellness policy.

- The Wellness Policy Location

*<http://www.busd.k12.ca.us/parents.html>*

## **Recordkeeping**

- Maintained at Nutrition Services

# Implementation, Monitoring, Accountability, and Community Engagement

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## **Annual Progress Reports**

- The District – compile and publish annual report
- Nutrition Services – notify households of availability of report
- District Wellness Committee – establish and monitor goals and objectives

## **Revisions and Updating the Policy**

- District Wellness Committee will monitor the Wellness Policy and update as necessary but at least every three years

## **Community Involvement, Outreach, and Communications**

# Wellness Committee Members

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Mariamanda Sarabia, Director of Food Services

Natalie Price, Nutrition Specialist

Bobbie Bodie, Professional Expert

Jessica Cummings, TOSA

Lindsey Bertels, Elementary PE Specialist

Kim Monteleone, HS Health Instructor

Bryce Christensen, HS Health Instructor

Sophia Vuong, Elementary Teacher

Evangelina Reames, Parent

Lisa Swearingen, Parent

Lisa Paioni, Elementary Principal

Julie Adams, Secondary Assistant Principal

Cari Ignarra, Director of Student Support Services

Alysia Odipo, Director of Elementary Education

# Questions/Feedback

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