

Lennox School District



Wellness Policy

The Lennox School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity.



Lennox Food and Beverage Guidelines

It is recommended the selection of food items be made based on greater nutritional value and products are "closest to the source" (fresh, whole grain or minimal processing). If in doubt whether a food meets the criteria, refer to www.californiaprojectclean.org and use the "on-line calculator" to confirm a product "meets the standard". The USDA *Smart Snack* in School Standards supports schools to offer healthier nutritious foods during the school day. Refer to *Smart Snack* in Schools in our complete Lennox Wellness Policy found on our Child Nutrition Services Website and following Healthy Hunger Free Kids Act, HFFKA, which set higher nutritional standards for school lunches.

Allowable Foods

A food item that contains:

- Not More than 35% of calories from fat
- Not more than 10% of calories from saturated fat
- Whole grain-rich product
- Snack items: < or equal to 200
- Entrée items: < or equal to 350

Exempt Foods include:

Nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruit, vegetables (not fried) and legumes. These items can be served as snacks without meeting the definition above.

Acceptable School Beverages are:

- Plain Water - (with or without carbonation)
- Fruit or Vegetable – no less than 100% fruit or vegetable juice
- Unflavored low fat milk
- Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP

Student Food and Beverage List



Preferred Items:

Items must meet guidelines

- Fresh Fruits and Vegetables
- Dried Fruit
- Cheese
- Nuts, Seeds (consider allergies)
- Popcorn
- Peanut Butter (consider allergies)
- Yogurt (low-fat)
- Bakery Items (low fat muffins, bagels)
- Pretzels (whole grain)
- Graham Crackers (whole grain)
- Goldfish Crackers (whole grain)
- Frozen juice or fruit bars (100% juice)
- Trail mix without candy
- Approved School Beverages

Limited Items:

Items must meet guidelines

- Baked Chips
- Granola bars
- Frozen Yogurt or Sorbet (low-fat)
- Cookies (low fat, low sugar)
- Smoothies

Not Allowed:

Items that do not meet guidelines

- Soda
- Candy
- Gum
- Fried Onions (Potato Chips)

Nutrition Education

The District's nutrition education programs shall be based on current research, consistent with the expectations established in the state's curriculum framework and the content standards.

Nutrition Education will:

- Emphasize the relationship between student health and academic performance
- Be provided to students, parents, teachers and the community
- Be integrated into core academic subjects
- Be distributed in a variety of methods; flyers, health fairs, open house, assemblies, etc.
- Be a part of the afterschool and extra curricular activities

Nutrition Education supports the Wellness Policy by emphasizing the relationship between student nutrition, moderate to vigorous physical activity and academic performance.

This institution is an equal opportunity provider and employer.

Nutrition Guidelines

The Board believes that foods and beverages available to students at District schools should support the health standards and promote optimal health. Nutrition standards have been established by the District for all foods and beverages sold to students, including foods and beverages provided through the District's food service program, student stores, vending machines, fundraisers, or other venues, that meet or exceed state and federal nutrition standards using the USDA Smart Snack requirements.

Nutrition guidelines adopted by the district shall apply to:

- Fundraising
- Organization sales
- Daily Rewards
- Classroom Reward or Celebrations
- Classroom Educational Events
- Marketing

The National School Breakfast, Lunch and Supper Program will follow all Federal and State regulations.



Physical Education and Activity

The District's physical education programs shall be based on research, consistent with the expectations established in the California Curriculum Framework and the Content Standards.

Every student in each grade, pre-kindergarten through twelfth, shall participate in physical education for the entire school year. Students in elementary grades 1-6 shall participate for a minimum of 200 minutes every ten days; Students in secondary grades 7-12 shall participate for a minimum of 400 minutes every ten days.

**Possible 2-year exemption for grades 9-12 if passing state mandated Fitness Test*

Physical Education programs will:

- Provide lessons based on the California Physical Education Content Standards
- Follow a developmentally appropriate curriculum designed to help students gain the knowledge, motor skills, self-management skills, attitudes, and confidence needed to adopt and maintain physical activity throughout their lives.

Physical Activity Opportunities will be provided through:

- Physical education
- Recess
- School athletic programs
- Club programs
- Before and after school programs
- Associated Student Body events

