



2022 Wellness Policy Report

Long Beach Unified School District



Our Wellness Goals

We met these goals:

Federal nutrition guidelines apply to all foods distributed on campus during the school day.

Students have opportunities to be physically active on a regular basis.

A Wellness Coordinator position was established to advance and support goals of the policy and liaison between departments and sites.

District Wellness Council coordinated the triennial evaluation of the wellness policy; developed the 2022-25 action plan.

We are still working on these:

Providing multiple input and feedback opportunities on school wellness activities from staff, administrators, parents/guardians, teachers, and students.

Recruiting a local community health official to join the District Wellness Council.

Providing nutrition education designed to build the skills and knowledge all students need to maintain a healthy lifestyle; especially updating 7th grade health curriculum/text and exploring opportunities to integrate nutrition education at the high school level.

Nutrition Policy Compliance

Federal nutrition guidelines apply to all foods distributed on campus during the school day. (100%)

Fresh drinking water is available during mealtime in or near food service areas. (100%)

School organizations are encouraged to use healthy food items or non-food items for fundraising purposes. (100%)

Schools submit to Nutrition Services a report of foods sold to students through student stores, vending machines, or other venues to verify food, beverages meet or exceed state and federal nutrition standards. (83%)

Planning, Tracking, and Sharing

The Council met throughout the school year to participate in the shared decision-making triennial assessment of the 2020 wellness policy content, the extent of sites' compliance with the policy, the progress made toward the goals of the policy, and development of the new action plan.

The Council members include teachers, administrators, support staff, parents, Board of Education member. More than 120 middle and high school students provided input and feedback.

The results of the wellness policy triennial assessment, the revised board policy, and the 2022-25 district wellness action plan are available on the district website (alpha index, W – Wellness).

An annual update will be made available to the public on the district website and each school's website.