

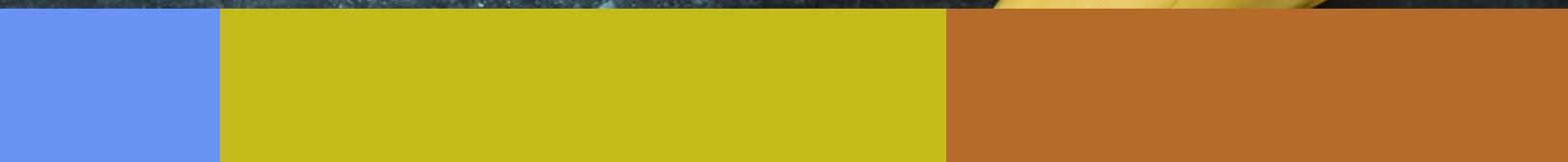
# School Nutrition for Academic Success

A LCAP Guide

December 2016



CALIFORNIA  
FOOD POLICY  
ADVOCATES



pupil outcomes  
common core standards  
broad course of study

# student achievement

parental involvement

school climate

basic services

student engagement



***This guide serves as a starting point for school districts interested in incorporating nutrition efforts into their Local Control and Accountability Plan.***

Research tells us that school nutrition programs can be an effective tool to help children reach their full academic potential. Healthy and well-nourished children are more likely to attend class, be ready to learn, stay engaged, and perform well in school. School nutrition programs also help mitigate the harmful effects of poverty on students' physical health, emotional wellbeing, and overall development.

California's school finance reform has created an opportunity for school districts to support effective, non-traditional education strategies. The new funding structure, known as the Local Control Funding Formula (LCFF), directs additional funds to districts serving a high percentage of low-income students, English learners, and foster youth. LCFF also transfers more control over education spending to the local level, allowing greater flexibility for school districts to fund efforts that address the underlying factors for poor academic achievement.

Ensuring that school districts support nutrition in their funding plans may require organizing and activism by parents, students, district staff, and others. LCFF regulations stipulate a role for the local community. School districts are required to consult with students, parents, and the greater community when developing their funding plans. This new requirement to engage the community provides an opportunity to advocate for support of school nutrition. We must call on academic administrators to help address underlying factors, such as food insecurity (a lack of consistent access to food) and health disparities, which prevent disadvantaged students from achieving academic success.

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*A table summarizing how nutrition and wellness strategies can be utilized to help students succeed and to meet Local Control Funding Formula requirements and metrics.*

### Acknowledgements:

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## How to Use this Guide

This guide serves as a starting point for school districts interested in supporting nutrition and wellness efforts within their Local Control and Accountability Plan (LCAP). Within this guide we have included an introduction to four evidence-based strategies that school districts can utilize to support student's nutritional health and academic achievement. The sample actions included in this guide are not a comprehensive list of all evidence-based nutrition strategies available. For more information on the strategies included in this report and other programs your school district should consider supporting, we encourage you to talk with your school district's nutrition experts, starting with the Nutrition Services Director. You can learn more about nutrition and education reform and access additional resources including a comprehensive list of the research referenced in this document by visiting our website at: <http://cfpa.net/nutrition-and-education-policy>.

### This guide includes:

- A summary of research linking each nutrition strategy included in this guide to measures of academic achievement and health.
- Sample actions school districts can take to support student's nutritional health and academic achievement.
- Pre-filled LCAP templates with sample language and nutrition actions that can be directly inserted into a district's LCAP.

### Summary of Information Contained in the LCAP Templates Found in this Report:

State Priority Area	Outcomes	Actions	Metrics
Each school district is required to address eight separate priority areas within their Local Control and Accountability Plan. Each state priority area related to the nutrition strategy is included in this area of the template.	Outcomes are state required metrics that provide a means of measuring success.	Actions are the evidence-based actions school districts can take to meet state required metrics and achieve their district goal.	Metrics are measures of progress towards achieving each nutrition action.

# Implement Breakfast After the Bell



Many students are not able to eat school breakfast when it is only served early in the morning before the first bell rings. Serving Breakfast After the Bell is a highly effective way to increase access to school breakfast and provide the academic benefits derived from starting the school day well nourished.

**Research links participation in breakfast after the bell to academic success:**

IMPROVED	DECREASED
 Cognitive Function	 Risk for Obesity and Diabetes
 Academic Achievement	 Aggressive Behavior
 School Attendance	 Delinquency
 Diet and Physical Health	 Suspensions
 Emotional Health	 Tardiness

## When to Consider Breakfast After the Bell in the LCAP?

- Not all students who are eligible for free or reduced-price school breakfast participate.
- The current school environment does not make school breakfast easily accessible to students.
- Parents, students, district staff, or community members have raised concerns about access to school breakfast.

## Sample LCAP Language

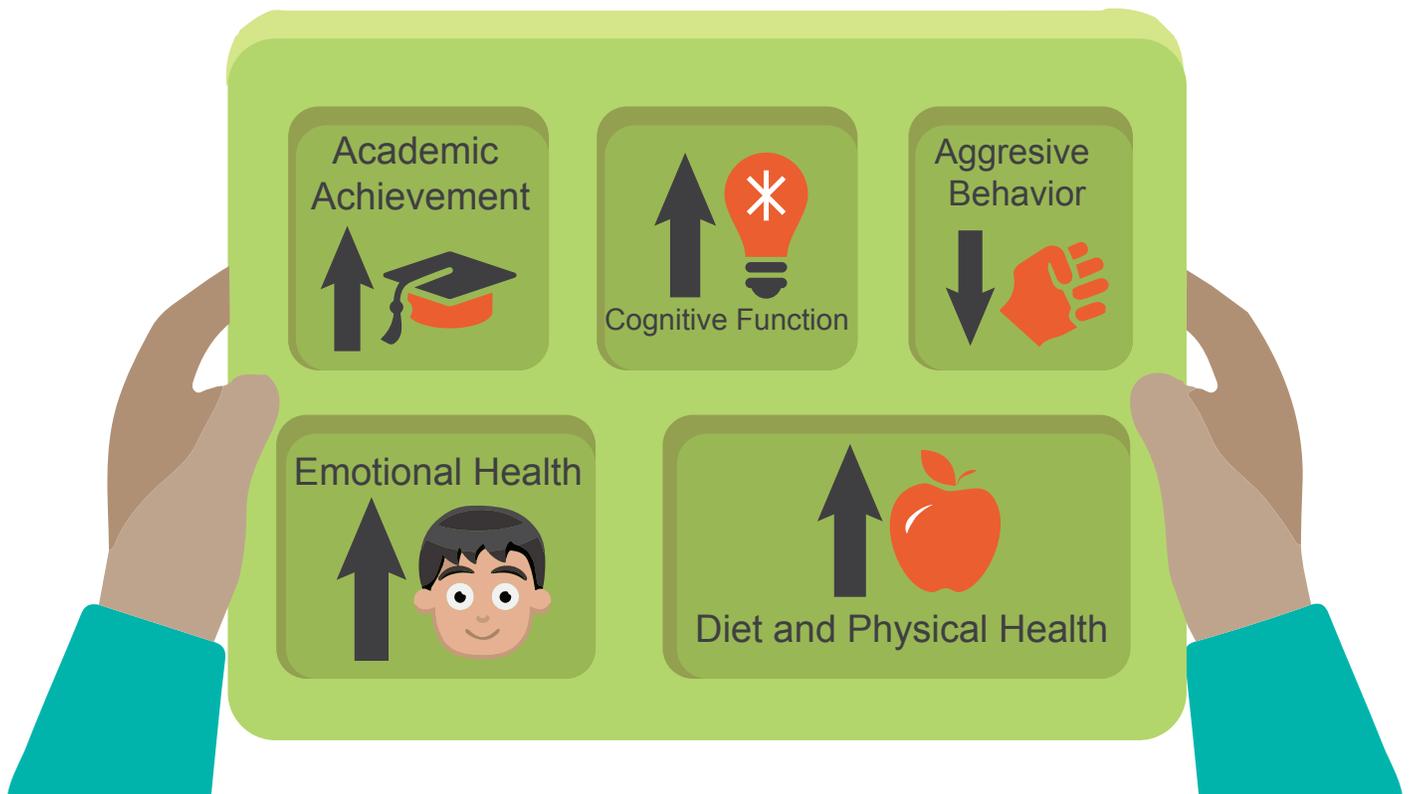
State Priority Area	Outcomes	Actions	Metrics
Student Achievement	Improved academic performance	In order to better prepare all students to fully participate in learning, the district will maximize participation in the national School Breakfast Program by providing breakfast at no cost to all students and allocating appropriate staffing and resources to support breakfast after the bell models such as Breakfast in the Classroom, Grab and Go Breakfast, and/or 2nd Chance Breakfast.	Percent of students eligible for free or reduced-price meals who participate in the School Breakfast Program
Student Engagement	Increased school attendance		
School Climate	Decreased suspension and expulsion rates		Surveys of pupils and parents on school breakfast access and quality

# Increase Participation in the School Lunch Program



Each day millions of low-income students miss out on the health and academic benefits of school lunch. Crowded cafeterias, short lunch periods, unappealing meals, and long lines can deter students from taking or finishing their food. Many other students do not participate in order to avoid the embarrassment of being recognized as low-income when receiving a free or reduced-price meal. Reducing these and other participation barriers can bring the health and academic benefits of nutritious meals to more students.

**Research links participation in School Lunch Program to improved health and academic success:**



## When to Consider Actions to Increase School Lunch Participation in the LCAP?

- Stakeholders have raised concern about meal quality and access.
- Stakeholders report that students are distracted or hungry throughout the school day.
- Not all students who are eligible for free or reduced-price school lunch participate.

## Sample LCAP Language

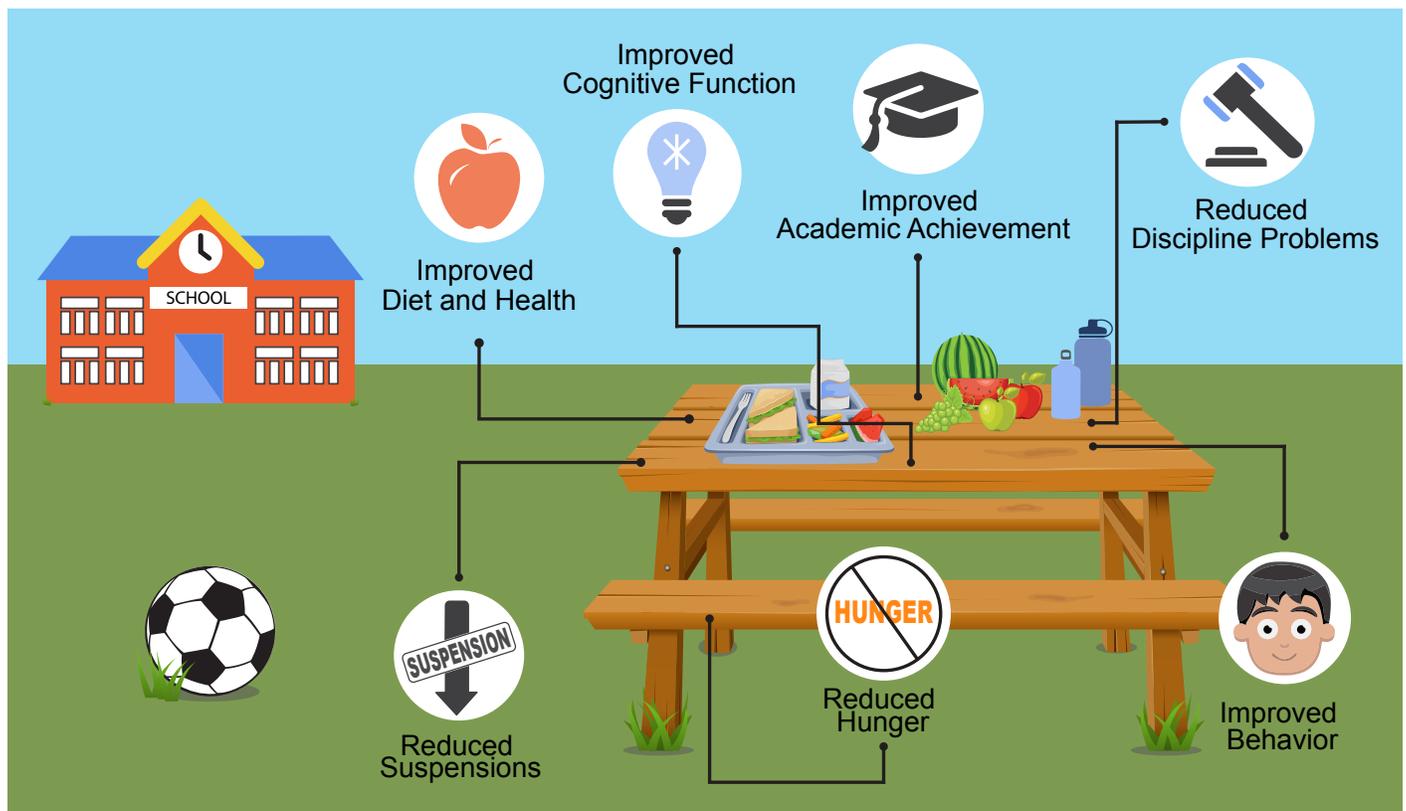
State Priority Area	Outcomes	Actions	Metrics
Student Achievement	Improved academic performance	The district will support revamping of the school lunch program to establish more student-friendly eating environments by actively soliciting and utilizing student feedback.	School lunch participation survey
School Climate	Decreased suspension and expulsion rates		
Student Achievement	Improved academic performance	The district will ensure all students have at least 20 minutes to eat after receiving lunch to better prepare them to fully participate in learning. Strategies may include: recess before lunch, increasing service areas, and/or staggering lunch periods.	% of schools providing students at least 20 minutes to eat after receiving lunch
			% of schools providing recess before lunch
School Climate	Decreased suspension and expulsion rates		% of students participating in school lunch

# NOURISH STUDENTS over the SUMMER and AFTER SCHOOL



In many cases, meals served during the school day are the main source of nutritious food for low-income children. When school is out, many children lose access to resources like healthy, affordable school meals. Providing meals during extended learning programs and when school is not in session such as after school, during school breaks, and over the summer months ensures that more low-income children are nourished and ready to learn when school is back in session.

**Research links participation in summer and afterschool snacks and meals to improved health and academic success:**



## When to Consider Summer and Afterschool Nutrition in the LCAP?

- Students lose access to the academic benefits of school meals over the summer months.
- Students do not have access to the academic benefits of school meals while participating in afterschool programs.
- Parents, students, district staff, or community members have raised concern about access to meals outside of the regularly scheduled school day.

## Sample LCAP Language

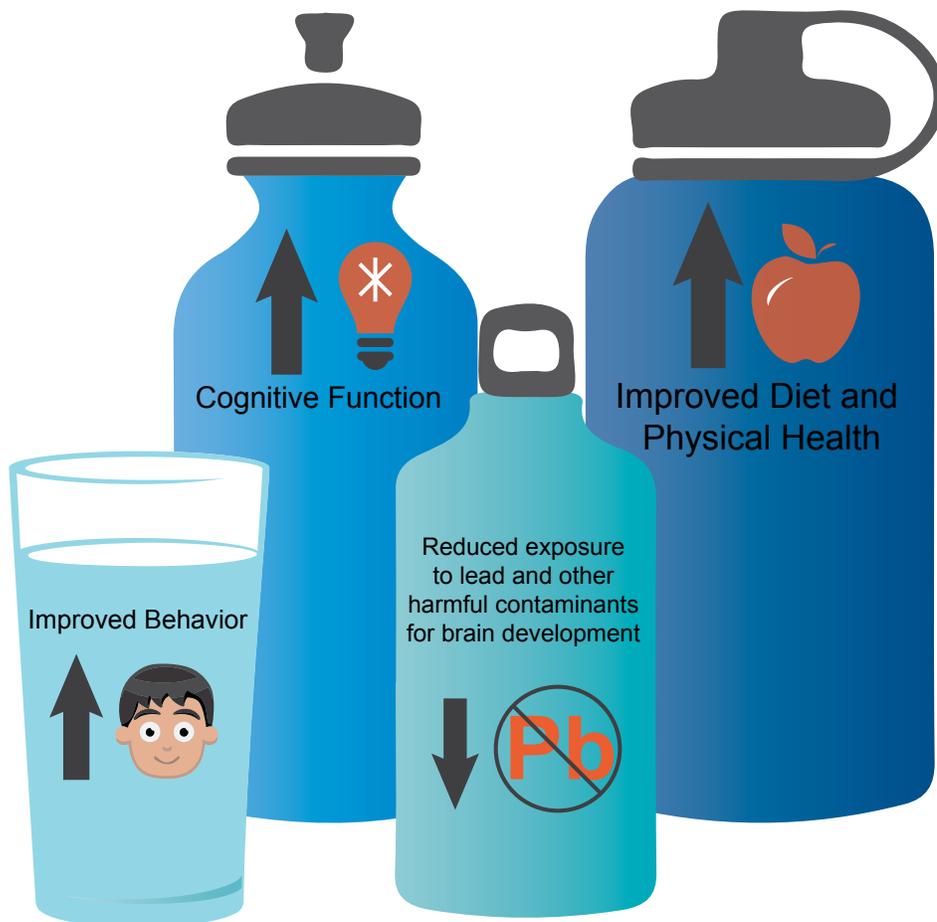
State Priority Area	Outcomes	Actions	Metrics
Student Achievement	Improved academic performance	The district will provide high quality, nutritious meals during extended learning programs to help close the achievement gap and reduce the discipline problems associated with food insufficiency and hunger.	Percent of eligible students receiving meals during extended learning programs.
Student Engagement	Decreased dropout rates		
School Climate	Decreased suspension and expulsion rates		
Student Achievement	Improved academic performance	The district will support serving nutritious meals and snacks over the summer months to low-income students to increase access to the academic and health benefits of school meal programs when school is not in session.	Percent of eligible students participating in summer snack and/or meal programs.
Student Engagement	Decreased dropout rates		
School Climate	Decreased suspension and expulsion rates		

# Improve Drinking Water Access and Quality



Drinking water helps students stay hydrated, focused, and ready to learn. When schools increase access to quality drinking water, they promote children's overall health and development.

**Research links drinking water access and water quality to improved health and academic success:**



## When to Consider Drinking Water Actions in the LCAP

- Data shows that one or more school facility provides poor access to clean, safe, and appealing drinking water and/or parents, students, district staff, or community members have raised concern about access to water.
- Water quality has not been tested at all school facilities within the last year.
- One or more schools is out of compliance with water regulations in SB 1413; the Healthy Hunger Free Kids Act Sec 203; and/or Education Code section 17002(d)

## Sample LCAP Language

State Priority Area	Outcomes	Actions	Metrics
Basic Services	School facilities are well maintained	The district will increase water access points and maintenance activities and/or facility improvements to provide clean, cold, safe, and appealing drinking water free of charge to all students at all district facilities.	Water quality tests for lead and other contaminants
			Drinking water fountain to student ratio
School Climate	Improved student behavior		Surveys of pupils and parents on water access and quality
			The CA Department of Education's compliance and evaluation process known as the Administrative Review
		Inspection report required by Williams Act State Facilities Inspection Tool (FIT)	

# Local Control and Accountability Plan Nutrition Template

*A table summarizing how nutrition related wellness strategies can be utilized to help students succeed and to meet Local Control Funding Formula requirements and metrics.*

<b>BASIC SERVICES (State Priority #1)</b>			
<b>State Priority Area</b>	<b>Outcomes</b>	<b>Sample Actions</b>	<b>Metrics</b>
<b>BASIC SERVICES (State Priority #1)</b>  <i>Sample district goal for this priority area:</i> Each student learns in an equitable and optimal learning environment.	School facilities are well maintained, meet state school building requirements/codes, and support the social, emotional, and physical needs of all students.	The district will increase water access points and maintenance activities and/or facility improvements to provide clean, cold, safe, and appealing drinking water free of charge to all students at all district facilities.	Water quality tests for lead and other contaminants
			Drinking water fountain to student ratio
			Surveys of pupils and parents on water access and quality
			The CA Department of Education's compliance and evaluation process known as the Administrative Review
		The district will ensure all school cafeterias within the district are in good repair and increase maintenance activities and/or facility improvements to ensure all students can participate in the school nutrition programs.	Inspection report required by Williams Act State Facilities Inspection Tool (FIT)
			Summary of upgrades to cafeterias
		Teachers are appropriately trained and credentialed.	Hire credentialed health education instructors to offer nutrition education.
	Students have sufficient access to instructional materials that are standards-aligned and meet Ed Code requirements.	The district will provide support for nutrition and health education instructional materials in order to increase access to standards-aligned learning resources.	Reporting by teachers that instructional materials support student learning goals
		The district will partner with the local health department and/or community organizations to provide nutrition education and support through SNAP-Ed.	Contract established with SNAP-Ed provider (local health department or community subcontractor)
<b>IMPLEMENT STATE STANDARDS (State Priority #2)</b>			
<b>State Priority Area</b>	<b>Outcomes</b>	<b>Actions</b>	<b>Metrics</b>

<p><b>IMPLEMENT STATE STANDARDS (State Priority #2)</b></p> <p><i>Sample district goal for this priority area:</i> All students have equitable access to rigorous, well-rounded standards-aligned curricula that improve student achievement in all academic areas.</p>	<p>Students have equitable access to nutrition education aligned with Common Core State Standards and other state board adopted content and performance standards.</p>	<p>The district will support establishing school cafeterias and outdoor learning spaces as innovative learning environments that encourage students to feel more connected and invested in their school and promote health and wellness through interactive nutrition lessons that connect to the new Common Core State Standards, Next Generation Science Standards, and State Health Education Content Standards for nutrition.</p>	<p>Surveys of pupils on the school nutrition learning environment</p>
			<p>Number of hours school cafeterias and outdoor learning spaces are used for instruction</p>
		<p>The district will support year-round professional development for teachers and district staff to learn how to integrate nutrition strategies for use across standards-aligned curriculum and instruction.</p>	<p>Number of district staff trained on standards-aligned nutrition strategies</p>
			<p>Increase in number of hours district staff report integrating nutrition strategies into instructional hours</p>

**PARENT INVOLVEMENT (State Priority #3)**

State Priority Area	Outcomes	Sample Actions	Metrics
<p><b>PARENT INVOLVEMENT (State Priority #3)</b></p> <p><i>Sample district goal for this priority area:</i> Parents and community members are engaged and work within and across schools to support the social, emotional, and physical needs of all students to reach high academic standards.</p>	<p>Parents are engaged in developing district and school site strategies to improve academic achievement.</p>	<p>The district will provide support to solicit and utilize diverse parent and community member perspectives in the development of the district wellness policy and health and wellness components of the LCAP.</p>	<p>Number of parents engaged in developing the district wellness policy.</p>
	<p>Parents are engaged in supporting the social, emotional, and physical needs of students.</p>	<p>The district will support efforts to increase parent, student, community member, and district staff participation in the district wellness council including hiring a wellness coordinator and providing release time/teaching substitutes for district staff members to participate.</p>	<p>Parent and student attendance in the school wellness policy council</p>
		<p>The district will support efforts to engage parents and community members in creating healthy and appealing school nutrition environments (e.g., utilizing parents to serve as salad bar ambassadors, including parent input in menu development, gaining parent support of healthy classroom celebrations and fundraising, etc.).</p>	<p>Surveys of parent satisfaction on the school nutrition environment</p>
		<p>The district will support efforts to engage parents and community members in creating healthy and appealing nutrition environments</p>	<p>Parent attendance at events focused on creating healthier nutrition environments</p>

		at home (e.g., linking families to CalFresh and WIC, workshops on nutrition, cooking classes, etc.).	
	Parents are aware of opportunities to promote the health and well-being of each student.	The district will support efforts to communicate district wellness efforts to parents including dissemination of the school wellness policy in an accessible format.	Translation of wellness policy into multiple languages for parents
		The district will support a district-wide marketing campaign to increase parent and student knowledge of and satisfaction with school meal programs.	Number of communication pieces disseminated on wellness to parents Surveys of parent and student satisfaction with school nutrition programs

**STUDENT ACHIEVEMENT (State Priority #4)**

State Priority Area	Outcomes	Sample Actions	Metrics
<b>STUDENT ACHIEVEMENT (State Priority #4)</b>  <i>Sample district goal for this priority area:</i> All schools support the social, emotional, and physical needs of all students to reach high academic standards.	Improved academic grades, GPA, API and student performance on standardized tests. Improved literacy, mathematics grades, and arithmetic scores.	In order to better prepare all students to fully participate in learning, the district will maximize participation in the national School Breakfast Program by providing breakfast at no cost to all students and allocating appropriate staffing and resources to support breakfast after the bell models such as Breakfast in the Classroom, Grab and Go Breakfast, and/or 2nd Chance Breakfast.	Percent of students eligible for free or reduced-price meals who participate in the School Breakfast Program Surveys of pupils and parents on school breakfast access and quality
		The district will provide high quality, nutritious meals during extended learning programs to help close the achievement gap and reduce the discipline problems associated with food insufficiency and hunger.	Percent of eligible students receiving meals during extended learning programs
		The district will support serving nutritious meals and snacks over the summer months to low-income students to increase access to the academic and health benefits of school meal programs when school is not in session.	Percent of eligible students participating in summer snack and/or meal programs
		The district will increase access to the academic benefits of school lunch participation. The district will support revamping of the school lunch program to establish more student-friendly eating environments by actively soliciting and utilizing student feedback.	School lunch participation survey
		The district will ensure all students have at least 20 minutes to eat after receiving lunch to better prepare them to fully participate in	% of schools providing students at least 20 minutes to eat after receiving lunch

		learning. Strategies may include: recess before lunch, increasing service areas, and/or staggering lunch periods.	% of schools providing recess before lunch
			% of students participating in school lunch
		The district will increase access to the academic benefits of school lunch for low-income students by providing free or reduced price school meals at all service lines that school food services operates.	% of students participating in school lunch

**STUDENT ENGAGEMENT (State Priority #5)**

State Priority Area	Outcomes	Sample Actions	Metrics
<b>STUDENT ENGAGEMENT (State Priority #5)</b>  <i>Sample district goal for this priority area:</i> All schools understand and support the social, emotional, and physical needs of all students to fully engage in learning.	Increased school attendance rates and reduce chronic absenteeism.	In order to better prepare all students to fully participate in learning, the district will maximize participation in the national School Breakfast Program by providing breakfast at no cost to all students and allocating appropriate staffing and resources to support breakfast after the bell models such as Breakfast in the Classroom, Grab and Go Breakfast, and/or 2nd Chance Breakfast.	Percent of students eligible for free or reduced-price meals who participate in the School Breakfast Program
	Decreased middle school and high school dropout rates.	Because children experiencing hunger are more likely to repeat a grade, the school district will maximize all available nutrition programs to combat food insecurity (school breakfast, school lunch, summer nutrition, and after school meals).	Surveys of pupils and parents on school breakfast access and quality
			% of students participating in the School Breakfast Program; School Lunch Program; afterschool Meals and/or Snacks; summer meals and/or snacks

**SCHOOL CLIMATE (State Priority #6)**

State Priority Area	Outcomes	Sample Actions	Metrics
<b>SCHOOL CLIMATE (State Priority #6)</b>  <i>Sample district goal for this priority area:</i> The school environment supports the social, emotional, and physical needs of all students and reinforces good health and well-being.	Decreased pupil suspension rates, decreased expulsion rates, and improved student behavior.	In order to better prepare all students to fully participate in learning, the district will maximize participation in the national School Breakfast Program by providing breakfast at no cost to all students and allocating appropriate staffing and resources to support breakfast after the bell models such as Breakfast in the Classroom, Grab and Go Breakfast, and/or 2nd Chance Breakfast.	Percent of students eligible for free or reduced-price meals who participate in the School Breakfast Program
		The district will provide high quality, nutritious meals during extended learning programs to help close the achievement gap	Surveys of pupils and parents on school breakfast access and quality
			Percent of eligible students receiving meals during extended learning programs.

		and reduce the discipline problems associated with food insufficiency and hunger.	
		The district will support serving nutritious meals and snacks over the summer months to low-income students to increase access to the academic and health benefits of school meal programs when school is not in session.	Percent of eligible students participating in summer snack and/or meal programs.
		The district will support revamping the school lunch program to establish more student-friendly eating environments by actively soliciting and utilizing student feedback.	School lunch participation survey
		The district will ensure all students have at least 20 minutes to eat after receiving lunch to better prepare them for learning. Strategies may include: recess before lunch, increasing service areas, and/or staggering lunch periods.	% of schools providing students at least 20 minutes to eat after receiving lunch
			% of schools providing recess before lunch
			% of students participating in school lunch
		The district will increase access to the academic benefits of school lunch for low-income students by providing free or reduced price school meals at all service lines that school food services operates.	% of students participating in school lunch
		The district will increase water access points and maintenance activities and/or facility improvements to provide clean, cold, safe, and appealing drinking water free of charge to all students at all district facilities.	Water quality tests for lead and other contaminants
			Drinking water fountain to student ratio
			Surveys of pupils and parents on water access and quality
			The CA Department of Education's USDA compliance evaluation (Administrative Review)
			Inspection report required by Williams Act State Facilities Inspection Tool (FIT)
	Students feel a greater sense of pride for their school and more connected to the school nutrition environment.	The district will increase access to the academic benefits of school lunch participation. The district will support revamping of the school lunch program to establish more student-friendly eating environments by actively soliciting and utilizing student feedback.	School lunch participation survey

		The district will support efforts to increase student participation in the district wellness council and solicit and utilize student perspectives in the development of the district wellness policy.	Student attendance in the school wellness policy council
			Number of students engaged in developing the district wellness policy
		The district will utilize resources from the California Department of Education – Smarter Lunchrooms Collaborative to implement Smarter Lunchrooms techniques in district schools.	Smarter Lunchrooms Scorecard assessment

**COURSE ACCESS (Priority 7)**

State Priority Area	Outcomes	Sample Actions	Metrics
<p><b>COURSE ACCESS (Priority 7)</b></p> <p><i>Sample district goal for this priority area:</i> All students have equitable access to rigorous, well-rounded standards-aligned curricula that improve student achievement in all academic areas.</p>	<p>Students have equitable access to a broad course of study that includes the availability of all subject areas for students including nutrition education aligned with Common Core State Standards and other state board adopted content and performance standards.</p>	<p>The district will support diversifying the current selection and rigor of subjects taught in our school by providing educational activities for all students that focus on learning about nutrition through interactive nutrition lessons that connect to the new Common Core State Standards, Next Generation Science Standards, and State Health Education Content Standards for nutrition.</p>	<p>Number of health education core and elective courses and culinary arts programs</p>