

**At the Federal and State level there is recognition of the connection
between healthy students and academic achievement.**

Federal - the *Every Student Succeeds Act* (ESSA) allows and encourages districts to allocate funds for health and Physical Education as part of a broad course of study, and to provide professional development for staff on these topics.

State - California's *Local Control Funding Formula* (LCFF) budgeting process requires districts to allocate funding in eight priority areas (see reverse). Investments in wellness support these priority areas.

Each year, districts in California develop a budget called the *Local Control and Accountability Plan* (LCAP).

Steps to Advocate for Wellness in LCAPs

(Adapted from the California Local School Wellness Policy Collaborative)

1. **Review the district's LCAP** for investments in student wellness. Find current LCAPs here: <http://www.sdcoe.net/about-sdcoe/pages/san-diego-county-school-districts.aspx> (click District Directory)
2. **Decide what you feel is important to support in the LCAP.** Review the *LCAP Wellness Connections* chart on the back for more information.
3. **Share your input.** Districts are required to ask for input on what to include in the LCAP from stakeholders, including parents, staff, and community partners. Start the discussion at a district Wellness Committee meetings, ask to attend a parent meeting (DAC, ELAC, DELAC, and PTA/PTO), or attend a special meeting the district may hold to gather input on the LCAP. Meeting dates may be listed on the district website or you may need to call the district office.
4. **Tips for sharing your comments at a meeting:**
 - Introduce yourself and your connection to the district. Recognize how the district has already supported wellness in its LCAP or in other ways.
 - Make the connection between student wellness and academics: point out that research shows that healthy students have better academic achievement, and mention that supporting wellness in the LCAP can help the district implement its wellness policy.
 - State the Need using data: if you feel students need more instruction on fitness or more nutrition education, for example, you could use the district fitness scores to show the need.
 - Make your Request: choose 2-3 specific investments such as "hire two more Physical Education Specialists," or "Provide training to teachers on leading classroom physical activity and nutrition education," or "Install water stations at X school so students can fill their water bottles."
 - If your district has not already done so, you might suggest that an LCAP summary be created and translated into Spanish or other appropriate languages to make the information more accessible.
 - Thank the group for listening to your comments and invite discussion.

For more information please contact

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Local Control and Accountability Plans: the Wellness Connection

| LCAP Priority Area | Brief Description of Area | Connection to Student Wellness and Local School Wellness Policies |
|-------------------------------|---|---|
| Conditions of Learning | | |
| 1. Basic Services | <ul style="list-style-type: none"> Teachers are fully credentialed in subject area School Facilities in good repair | <ul style="list-style-type: none"> Physical Education Specialists School Nurses Wellness coordinators (district/site) Professional Development for teachers in student wellness Cafeterias, Playgrounds, and drinking water fountains in good condition |
| 2. State Adopted Standards | <ul style="list-style-type: none"> Focus on Common core implementation | Integration of <ul style="list-style-type: none"> Health Education (including nutrition) Physical Education |
| 3. Course Access | <ul style="list-style-type: none"> Broad course of study in required subject areas offered for all students | <ul style="list-style-type: none"> Health Education (including nutrition) Physical Education Culinary Arts Programs |
| Student Outcomes | | |
| 4. Student Achievement | <ul style="list-style-type: none"> College Readiness | Supporting learning through <ul style="list-style-type: none"> healthy meals and snacks physical activity opportunities after-school programs student health services counseling and mental health services |
| 5. Other Pupil Outcomes | <ul style="list-style-type: none"> Physical Education, arts, career technical training | <ul style="list-style-type: none"> Physical education minutes California Physical Fitness Test results |
| Engagement | | |
| 6. Parental Involvement | <ul style="list-style-type: none"> Parent input Parent participation | Support for parents to <ul style="list-style-type: none"> participate in District and School Site Wellness Councils provide input on nutrition and physical activity opportunities provide input on LCAP volunteer in wellness activities support healthy fundraising receive education on wellness topics receive regular communication about wellness: website, newsletters, email/phone reminders, back-to-school nights, principal coffees |
| 7. Pupil Engagement | <ul style="list-style-type: none"> Attendance rates, absenteeism, drop out, graduation rates | Reduce barriers to attendance and increase connectedness through support of <ul style="list-style-type: none"> active transportation to school active recess before- and after-school programs intramural athletics |
| 8. School Climate | <ul style="list-style-type: none"> Pupil suspension Expulsion Connectedness | <ul style="list-style-type: none"> pleasant eating environments instructional gardens anti-bullying/violence prevention joint use agreements school-based health centers Smarter Lunchroom practices |