

**What are the key elements of your Local Wellness Policy?** (Select which elements apply to your policy, briefly describe and estimate priority. Each element may need its own task list to ensure implementation.)

Policy Subject – Comprehensive Wellness Policy	Priority (high/medium/low/ specific date)
<p><b>1. Physical Activity:</b></p> <ul style="list-style-type: none"> <li>✓ <b>PE</b> <ul style="list-style-type: none"> <li>○ <b>Minutes</b> 200 minutes every 10 days</li> <li>○ <b>Staff training</b> Teacher training thru grant; for additional training: train the trainer - one teacher will be sent to training and train the other teachers; promote and support both structured and unstructured physical activity for students and staff</li> <li>○ <b>Curriculum</b> Smart Moves curriculum</li> <li>○ <b>Fitness Testing</b> Sharing the results of physical fitness and content achievement with both students and parents</li> <li>○ <b>Other</b> Provide ongoing education opportunities for parents and family about physical activity and address the need for consistent messages among school, home, and community</li> </ul> </li> <li>✓ <b>Recess</b> 30 minutes - Peaceful playground program and other structured activities</li> <li>✓ <b>During School (classroom activities)</b> Activity is incorporated within the core curriculum, eliminate the use of physical activity for reward or punishment</li> <li>✓ <b>Before/after school</b> Incorporate 6 to 6 program into above; before school – structured dancing for 45 minutes; after school – physical activity and organized games</li> </ul>	<p>high</p> <p>medium</p> <p>high</p> <p>high</p> <p>medium</p> <p>high</p> <p>high</p> <p>high</p>
<p><b>2. Nutrition</b></p> <ul style="list-style-type: none"> <li>✓ <b>School meal programs</b> Meals in compliance with school lunch and breakfast programs; for preschool Head Start meal program, for K-2 San Diego City Schools meal program “Kids Choice Menu”</li> <li>✓ <b>Competitive foods</b> Soda removed from school; in compliance with local, state and federal requirements; enforce only authorized field trip snacks and meals</li> <li>✓ <b>Beverages</b> Currently in compliance with regulations for students; encourage staff compliance</li> <li>✓ <b>Fundraising</b> All organizations including parent groups shall be</li> </ul>	<p>high</p> <p>high</p> <p>high</p> <p>high</p>

**2. Nutrition (continued)**

encouraged to use healthy food items or non-food items for fundraising

✓ **Rewards** Staff will be discouraged from using non-nutritious reward for student's academic performance, accomplishments, or classroom behavior; work with parents, teachers, other staff, community partners to establish healthier food and non-food student rewards

✓ **Marketing** Monthly promotions through newsletters, handouts, posters, parent meetings, student assemblies; attractive and appealing monthly menus

✓ **Classroom celebrations** Use of healthy food to celebrate; provide lists of other options that do not involve food; staff shall encourage parents/guardians or volunteers to consider nutritional quality when selecting snacks for parties and limiting foods or beverages that do not meet nutritional standards

✓ **Vending** Currently no vending machines available; if acquired in the future needs to be in compliance and monitored for new requirements and staff use of healthy options

✓ **School Gardens** School garden through Filtrexx; garden curriculum through University of California Corporate Extension

✓ **Meal Service and time** Provide pleasant eating area with sufficient space and time to eat, socialize, and play

high

high

medium

low

high

high

**3. Other School-based activities**

✓ **Staff wellness** Staff wellness training through Hygia Weight Loss & Nutrition and University of California Corporate Extension

✓ **Oral health** Programs already in place- Share the Care Dental and "Happy Smiles" for preschool; dental sealant program for low income students without dental insurance

✓ **Health Education** University of California Corporate Extension curriculum, Hygia Weight Loss & Nutrition training; parent, teacher and staff training

✓ **Mental Health and Counseling Services** Mental health counseling available

✓ **Parent/community involvement** Parent involvement on site-level wellness committee; parent committee every month; parent and community outreach that provides educational opportunities and communication about

high

high

high

high

medium

**3. Other School-based activities (continued)**

the relationships among general health, nutrition, activity, and general academic achievement and success in school and life, and social and emotional health and development

**Health and Nursing Services** Health aid on site

**Physical Environment** Establish and maintain a safe physical environment for students and staff including acceptable indoor air quality, ambient lighting and temperature conditions, equipment safety, hygienic facilities, safe transportation, hand washing education and opportunities and ensuring optimal social environment in schools

high

high