

## What?

The Wellness Policy sets goals for...

### Physical Education

- Providing a standards-based P.E. program emphasizing physical fitness, positive health practices, and skill development.

- Meeting or exceeding the state mandated instructional minutes required at the elementary level (200 minutes within a 10 day period).

### Physical Activity

- Providing all students opportunities to be physically active through moderate to vigorous physical activity during P.E., recess, intramurals, running clubs, special events, and before and after school programs (60-90 minutes per day).

### Nutrition Education

- Integrating health education into K-6 core academic subjects and through before- and after-school programs.

- Providing professional development in health and physical education highlighting healthy behaviors.

- Encouraging consistent health messages between the school and home environment through district menus, school newsletters, flyers, district & school websites, meetings and special events.

***It's All About Balance!***

## Why?

In 2004, Congress passed a law requiring every school district that uses federal dollars for school breakfast or lunch to create a local wellness policy by the start of the 2006-2007 school year. (CVESD BP#5030)

A CVESD Wellness Committee consisting of principals, teachers, nurses, community organizations, parents, students and school food service professionals, was created to assist and advise the District on health-related issues.

The District's local wellness policy applies to every school in the district. The policy will assist schools in improving the health of students by promoting physical activity and nutritious food.

The District plays a critical role in curbing the epidemic of childhood health issues like obesity, heart disease, and diabetes which are directly associated with poor nutrition and inactivity.



## CVESD Nutritional Guidelines

The Board of Education believes...

*foods and beverages sold to students on school campuses during the school day should promote student health and help reduce childhood obesity.*

- Any food sales conducted outside the District's food service program shall meet nutritional standards specified by law, board policy, and administrative regulations.

- Food sales are prohibited during school hours, and within one hour before and after school hours, unless approved in accordance with Board Policy (CVESD BP#3554 see conditions).

- School organizations shall be encouraged to use healthy food items or non-food items for fund-raising purposes.

- Schools shall discourage the use of non-nutritious food rewards for academic performance or classroom behavior.

- School staff shall encourage parents/guardians (or other volunteers) to support healthy snacks or non-food items for class parties.

- Class parties or celebrations shall be held after the lunch period when possible.



## Facts & Statistics



Elementary-age children are experiencing higher rates of obesity, diabetes, high blood pressure, and heart disease due to poor dietary practices and lack of physical activity.

Research shows us that higher physical fitness scores equal higher test scores.

Physical activity has beneficial consequences for academic progress in both low- and high-performing schools.

### Health Tip

#### **Calories in = Calories Out**

Energy is measured as calories  
Energy (calories) expended during physical activity equals a.....

#### **Formula for Good Health!**

Fat develops in the body when more calories are consumed than expended in daily activities. For every extra pound of fat a person carries, the heart must pump blood through an extra mile of blood vessels.

Food and drink portions have increased drastically over the last 20 years. Most portions provide enough food for at least two people.

is could be "...the first generation of children that is sicker and dies younger than their parents."

(NIHCM Foundation, Expert Voices, Issue 6, 12/2004)



## Suggested Snacks and Classroom Party Ideas



### Snacks

- Fresh fruit, dried fruits or veggies
- Low-fat yogurt, string cheese
- 100% frozen juice or fruit bars
- Low fat bakery items
- Pretzels, popcorn (air) or Goldfish crackers
- Bottled water or 100% fruit juice

### Other Party Ideas.....

- Coloring books and/or crayons
- Jump ropes, mini-frisbees, balls
- Books, school supplies-like fun pencils, notepads, ruler or stickers
- Donate a book to the school library in your child's name
- Child's choice for a fun game or classroom activity to celebrate birthday

### Additional Information and Resources

- CVESD Board Policies and Bylaws-  
[www.cvesd.org](http://www.cvesd.org).
- CVESD Wellness Committee contact: Student, Family and Community Services ext. 1511
- CVESD Exercise the Dream (619) 656-6702 (P.E. and health curriculum info)
- CVESD Child Nutrition Services (CNS) ext. 1406



## Chula Vista Elementary School District **DRAFT**



## Wellness Policy Staff Information

*"Chula Vista Elementary School District recognizes the link between student health and learning and is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education, and regular physical activity for all district students."*

**CVESD**  
84 East J Street  
Chula Vista, CA 91910

Contact:  
Student, Family & Community Services  
(619) 425-9600 ext. 1511

Board of Education  
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BERTHA J. LÓPEZ • PAMELA B. SMITH  
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