



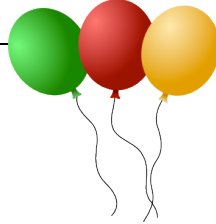
SMUSD Wellness in Action

Then...

Now...



<p>Foods Available to Students:</p>	<ul style="list-style-type: none"> Any chips, candy, soda, cookies, cakes, etc. 	<p>Foods Available to Students:</p>	<ul style="list-style-type: none"> There are established guidelines that indicate which foods are allowed to be offered or sold.
<p>Classroom Celebrations:</p>	<ul style="list-style-type: none"> Were scheduled for any time of day Could have food at all celebrations Served food of any type 	<p>Classroom Celebrations:</p>	<ul style="list-style-type: none"> Food is only served at a maximum of 50% of celebrations and must be scheduled after lunch. Foods offered follow the Acceptable Food & Beverage Snack List
<p>Non-Food Celebrations:</p>	<ul style="list-style-type: none"> Not encouraged 	<p>Non-Food Celebrations:</p>	<ul style="list-style-type: none"> Promote alternative non-food celebrations such as: scavenger hunts, sport games & contests, arts & crafts, board games, movies, and computer time.
<p>Classroom Pizza Parties (Luncheon):</p>	<ul style="list-style-type: none"> Were scheduled for any time of day with no nutritional guidelines 	<p>Classroom Pizza Parties (Luncheon):</p>	<ul style="list-style-type: none"> Are scheduled during the lunch period Are part of the National School Lunch Program, which follows Federal nutritional guidelines Ordered exclusively through Child Nutrition Services Future options include BBQ and sub sandwiches
<p>Food Safety:</p>	<ul style="list-style-type: none"> Not addressed in classrooms, only in the school cafeteria 	<p>Food Safety:</p>	<ul style="list-style-type: none"> Requirement of signed Safe Food Handling Procedures in the Classroom document when home made food items are served
<p>Fundraising:</p>	<ul style="list-style-type: none"> No restrictions on the number or type of Fundraisers held on campus 	<p>Fundraising:</p>	<ul style="list-style-type: none"> Foods items must meet the Acceptable Food & Beverage Snack List Only one non-compliant food item sale per year Non-food fundraisers such as jog-a-thons, recycling, gift-wrapping, and box tops.
<p>Food as a Reward:</p>	<ul style="list-style-type: none"> Commonly used as an incentive for daily academic or behavioral tasks: <ul style="list-style-type: none"> Cookies, candy, soda, ice cream, etc. 	<p>Food as a Reward:</p>	<ul style="list-style-type: none"> Not allowed due to the negative impact it may have on student health. Utilize non-food items such as water bottles, key chains, extra recess time, school supplies, and athletic equipment.
<p>Resources:</p>	<ul style="list-style-type: none"> Limited 	<p>Resources:</p>	<ul style="list-style-type: none"> www.smusd.org/wellnesspolicy www.smusd.org/cns Child Nutrition Services Resource Library



Nutrition Education Now:

- The District Wellness Policy includes guidelines that require the instruction of nutrition education during the school day.
 - Approved curriculum sources include the Dairy Council of California, USDA's MyPyramid, Harvest of the Month, California Project Lean, and the UC Davis Cooperative Extension.
- The District believes that the introduction of nutrition related concepts will help foster healthy lifestyle behaviors and lead to academic success among our students.
- Student Nutrition Advisory Councils (NAC) are being established at each school site to provide a link to the Child Nutrition Services Department (CNS). If you are interested in having a NAC at your school, contact Herbie Smith in CNS.



Physical Education & Activity Now:

- Physical education and activity during the school day will follow the Board adopted Physical Education and Procedures
- The District encourages the use of fine & gross motor skills, sports, and any other form of physical activity as a substitute for classroom rewards, celebrations, and school fundraisers.

Additional Wellness Resources:

www.smusd.org/wellnesspolicy

www.smusd.org/cns

Child Nutrition Resource Library:

Herbie Smith (760) 752-1269

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District Health Council Chair,

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SAN MARCOS
UNIFIED SCHOOL DISTRICT
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Action

