

# WELLNESS POLICY FOR:

## San Diego Unified School District

### Goals to Help Promote School Wellness:

The district will implement and monitor the following goals for health and nutrition education, physical activity and education and other school-based activities that promote student wellness, including:

- Meeting or exceeding California Education Code and California Department of Education Standards for ongoing health and nutrition education. Monitor these standards through assessment of knowledge, behavior change, and skill development.

Policy: The San Diego Unified School District will comply with the requirements of the federal Child Nutrition and WIC Reauthorization Act of 2004. The act promotes health education, healthy eating and physical activity for staff and students.

Please refer to San Diego Unified School District's Coordinated School Health and Wellness for complete Administrative Procedures. <http://sandi.net/procedures/students.html>

### Nutrition Standards

- ✓ Before/After Schools hours
  - Foods should support the health curriculum and promote optimal health
  - Open house, other evening food fairs, authorized field trips, and carnivals fall in this category
- ✓ Fundraising
  - All organizations including PTA, other parent groups, and Associated Student Body Sales shall be encouraged to use healthy food items or non-food items for fundraising.
- ✓ Beverage
  - Shall meet or exceed federal regulations and guidelines
  - Soda removed from campuses
- ✓ Rewards
  - Staff will be discouraged from using non-nutritious reward for student's academic performance, accomplishments, or classroom behavior
- ✓ Celebrations
  - A list of party and celebration alternatives will be shared with staff and parents
  - 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
  - Board limits and discourages marketing and advertising non-nutritious foods and beverages through vending machine fronts for both students and staff
  - Beverages available to students at school should support the health curriculum and promote optimal health

## Physical Activity Standards

- ✓ Before/After Schools hours
  - Incorporate 6 to 6 programs into school PE standards and support physical activity component, as well as collaborating with ongoing walking/running programs/clubs
- ✓ Minutes
  - 200 minutes a week for K-5<sup>th</sup> grade
  - 400 minutes a week for 6<sup>th</sup> – 12<sup>th</sup> grade
- ✓ Staff Training
  - Promote and support both structured and unstructured physical activity for students and staff
  - Eliminate the use of physical activity for reward or punishment
  - Promote free and low cost employee programs that promote a healthy lifestyle
- ✓ Curriculum
  - Consistent with expectations established in the state's curriculum framework and standards, and designed to build the skills and knowledge to maintain a healthy lifestyle
  - SPARK, CATCH, M-span, *Power Play!* and district- standard

## Other Activities

- ✓ Parent Involvement
  - Provide ongoing education opportunities for parents and family about physical activity
  - Increase parent/guardian outreach and involvement efforts to emphasize the relationship between student health and fitness and academic performance and address the need for consistent messages among school, home and community
  - Family Friendly Schools Initiative to increase communication and response to parent and community members; parents and community outreach that provides educational opportunities and communication about the relationships among general health, nutrition, activity, and general academic achievement and success in school and life, and social and emotional health and development
- ✓ Oral Health
  - Programs already in place, state "Happy Smiles" grant ongoing; vouchers for dental care through Western Dental; dental sealant program for low income students without dental insurance
  - Utilize the Dental Health Initiative-Share The Care
- ✓ General Health
  - 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, and ensuring optimal social environment in schools